

FREE!
SHOULDER WORKOUT
POSTER INSIDE

Oxygen

TONE EVERY ZONE

- ✓ GORGEOUS GLUTES
- ✓ TONED THIGHS
- ✓ AMAZING ABS P60

**EAT FAT,
GET SLIM** P90

**AMAZING
TRANSFORMATIONS!**



These
Aussie women
changed their
bodies
(and lives)
for the better
P52

Brooke
Stacey



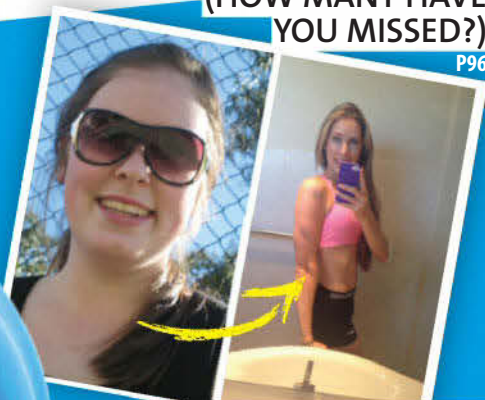
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TO
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**SIGNPOSTS
TO SUCCESS
(HOW MANY HAVE
YOU MISSED?)**

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TRUE OR FALSE?

**DO CALORIE-NEGATIVE
FOODS EXIST?** P144

oxygen

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Issue 76

on the cover

This issue we feature on the cover:

Brooke Stacey

Cover photo by James Patrick

Cover design by Leo Costa Leite



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You could be next!



Is all fat created equal?

Welcome to the fat-loss issue! We hope that you find some great and inspirational advice to help you on your journey to being fit, firm and fabulous.

Here at *Oxygen* magazine, our definition of fat loss is very different to the message many women's magazines convey to their readers. We don't believe that you have to be thin to be healthy (in fact, we believe almost the opposite!), nor that fats are the devil in disguise. What we do believe in is being as healthy and strong and positive as you possibly can. And yes, that does mean getting rid of any bad fat in your body and diet. Don't get us wrong – we LOVE fat – the good kind, of course! Is there anything better than a perfectly ripe avocado, a freshly caught and grilled fish, or a handful of nuts, fresh from the oven? Yes, these foods do contain fat, but it's the fat that helps our skin glow, our hair grow and gives our body the fuel it needs to burn.

It's a funny relationship – our one with food. We know that we must eat it, but we feel alternately guilty, friendly, wary or ashamed of what we put in our mouths. It's a relationship that we are really having with our selves – whether we feel that we have 'earned' that treat, or worked hard enough to have a full meal. At *Oxygen*, I believe that we always deserve the best. Whether it's the best day, the best meal, the best workout, the best opportunities – loving yourself and feeding yourself is the absolute best thing that you can do for your mind, body and soul.

Speaking of food – it is a subject that people become passionate about. There are so many beliefs, opinions and views on what we should eat, and when, and why, and even how (raw, steamed, activated etc). *Oxygen* magazine only commissions writers who are qualified in nutrition and health sciences, so that there are no waffly food messages. Our food features are properly researched and fact-checked, with the over-riding message that food is an essential part of our lives. We won't promise that a certain smoothie recipe will cure cancer, but we will explain the ingredients which may have further health benefits for you. This way we're empowering you, our readers, with the information to make the best possible health choices for you, your needs and your body.

So why not make yourself a cup of tea, grab a protein ball and curl up with this issue. We're pretty proud of this one and hope that you enjoy making the recipes, reading the inspirational stories and marking the workouts to include in your regime.

Until next time, Train Hard, Keep Fit and LOVE Life

Lindy
xx

This month, Lindy loves...

I'm always looking for accessories and sports gear to brighten up my gym visits. I spotted these gems while I was out and about and immediately thought the Oxygirls would love them!



Gym & Tonic bag: a tongue-in-cheek holdall that reveals what gets me through my workout!

Price: \$29.75

Stockist: www.hardtofind.com.au



Drop it like a squat: this is our new favourite expression in the Oxy office.

Price: \$48

Stockist: www.hardtofind.com.au



Hickies: Fab name, fab concept. No more tripping over undone laces.

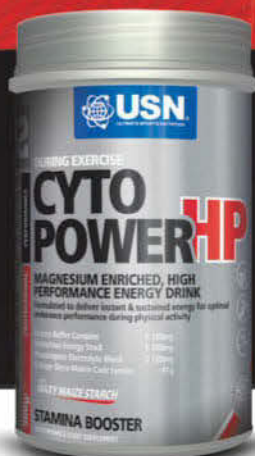
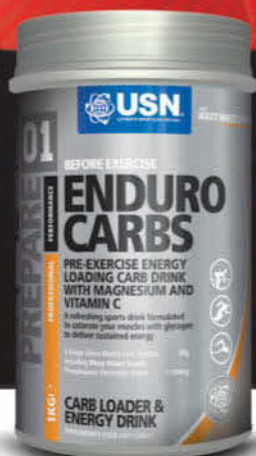
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Wellness Director of The Diet Doc, LLC and Dr. Joe's Perfect Peaking, clinical mental health counsellor, certified personal trainer, health coach, and weight loss/nutrition consultant; motivational speaker, writer, author of the PeakofMind blog, managing editor of Alpha - The Evolution of Fitness; and WNBF professional figure, fit body, and bodybuilding athlete.



COVER GIRLS/AMBASSADORS

Skye Cushway Personal Trainer, ISSN sports nutrition coach and yoga instructor.

Specialising in body transformations and empowering women to love themselves.



Fitness model, 2x *Oxygen* covergirl and natural figure competitor.

Justine Switalla Cert III & IV in Fitness, Group Ex qualified

Les Mills presenter, writer, author, model, body transformation specialist, public speaker, presenter, ambassador for *Oxygen* Magazine and Body Science.



Passionate and determined to motivate, educate and inspire women to be the best they can be!

Lesley Maxwell

Personal trainer, figure competitor, *Oxygen* ambassador and regular contributor and author of *Get The Body You Want* (2012).



Penny Lomas

Strength and conditioning coach, personal trainer and Biosignature Modulation Practitioner. Health and fitness writer and fitness model.



Amanda Steer

Amanda Steer is a fulltime police officer, RPM instructor, Musashi Nutrition-sponsored athlete and *Oxygen* cover girl. Amanda has won ANB National and Asia Pacific titles.



EXERCISE PHYSIOLOGIST

Gabrielle Maston BSc Hons

Exercise physiologist, clinical and sports dietitian at Changing Shape diet and exercise specialists in Sydney, health & wellness writer, consultant and lecturer at FIA fitness college.



CULINARY

Michelle Koen BVC

Michelle is a culinary coach and author of *Healthy Helpings*. Her mission is to teach people how to cook good food with all the flavour and none of the fuss. www.healthyhelpings.com.au



FITNESS & TRAINING

Jonathan Davie – ISSN – SNS (Sports Nutritionist)

Personal trainer (prepared2win.com.au), Director World Gym Australia, IFBB pro bodybuilder. Ex professional athlete, trainer and nutrition coach.



Lindy Olsen

Cert IV in personal training, ISSN Sports Nutrition, level 1 and 2 boxing.

Lindy is a 5x natural world figure athlete, fitness ambassador, motivational and lifestyle coach.



MIND/BODY NATUROPATHY

Greg Dolman, Bodytune

Bodytune specialist, executive master trainer, Certificates III and IV in fitness, AIF business diploma, Punchfit accredited boxing and kickboxing Padmaster Instructor, and Australian Natural Bodybuilding of Victoria judge and workshop presenter.



Geoff Edwards, Life Coach, NLP cert.

Internationally accredited life coach with over 25 years of coaching experience based in Melbourne, Australia. Has impacted over 20,000 individuals and clients worldwide through his coaching work and publications!

Zana Morris

Zana Morris is a leading personal trainer and nutritional specialist and has been named in Top Sante's '100 Names to Know in Health'. Zana owns The Library, a highly respected gym in Notting Hill, which was voted Best Quick Fix and best for prolonged recuperation in Tatler's 2014 Gym Guide and won 2 of the possible 12 Tatler awarded accolades. The Library has also been voted 'Best London fitness facility of the year' by London Lifestyle Awards. Zana is a sought-after speaker on the fitness circuit and regularly features in the media.



Kellie Bilinski

Kellie is an Accredited Practising Dietitian and Nutritionist working in Private Practice in the North West of Sydney. She has diverse experience in clinical dietetics, private practice, the nutrition industry and research. Kellie undertook her PhD at The University of Sydney's Medical School on the role of Vitamin D and metabolic factors such as insulin in cancer prognosis and has a special interest in the area of nutrition and cancer risk.

Kellie regularly talks to the public and health professionals and is interviewed by the media about diet and nutrition, diet and cancer, vitamin supplementation, diabetes, children's nutrition, obesity and weight management.

Kellie is an energetic dietitian passionate about research into disease prevention through optimal nutrition and translating this into messages for the public and health professionals. She has written several papers that have been published in peer-reviewed journals and regularly writes factsheets and patient information about healthy eating, weight management, and diet and cancer.



Samantha Cowan

Samantha Cowan BND(Hons) is an Accredited Practising Dietitian, specialising in weight management, diabetes and sports nutrition. Samantha practices in various locations around Melbourne, and also hosts group supermarket tours.





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customised meal plan into meals to give you back your precious time to focus on training, family and the nicer things in life. Visit www.leanmeals.com.au

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RRP: From \$28.95 (1kg) + bulk discounts available



SAFCOL TUNA MEALS ↑

Safcol Tuna Meals, a convenient, responsibly fished snacking alternative to eating healthy while on the go. Available in Spicy Thai, Mexican, Italian & Spanish flavours.

Safcol Tuna meals have been created with Australian taste profiles in mind, and Guy Leech (Australia's number 1 fitness guy), and his team of dietitians have advised on the formulations from a health perspective.

The Safcol Tuna meals are packed in a 110g bowl, and are ready to eat on the go, which fits our hectic lifestyles perfectly, convenience, health and taste in one 110g bowl. Grab two or three today.

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OXY REVIEWS



BULK NUTRIENTS PROTEIN MATRIX+ ↑

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Protein Matrix+ is further enhanced with a new enzyme which targets lactase and reduces the negative effects of dairy for sensitive individuals. Protein Matrix+ has been extensively tested to ensure it mixes flawlessly and tastes fantastic.

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For more info:
www.bulknutrients.com.au/proteinmatrix

WBFF AUSTRALIA →

It's hard to miss them on the web. The racy shots of fit, beautiful, hard bodies rocking wild costumes that would look at home in New Orleans during Mardi Gras, in Rio during Carnival or even on the Victoria's Secret runway.

The WBFF is short for World Beauty Fitness and Fashion. Our models have the look and

physique of fitness athletes, but the theatricality, pounding music and wild style of this competition make it clear that this isn't a traditional fitness show.

We are the best of the best in fitness, fashion and beauty, where muscle, fitness and

bikini models come together to strut their stuff in one spectacular showcase.

The first of its kind, exciting and theatrical fitness experience will be performed with a custom designed set at the famous Arts Centre on the beautiful Gold Coast.

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WE HEAR YOU >>



Hi Oxygen,

As a successful mother of two, occupational therapist and fitness model competitor, I am passionate about living a fulfilling and healthy lifestyle. I am currently in full swing of season A of the INBA competition schedule for 2015. After recently taking out 3rd place in the Fitness Model Momma division at the INBA Rising Star competition, I am working hard to get ready for the next show, Southern Cross Championships in April. Further to this I have qualified for the national titles held later in the year. My two children, Natalia, aged 2 and 1/2, and Romeo, who just turned one, have been my key motivators in fulfilling my dreams as not only a fitness competitor, but a role model to other mums that you can achieve anything you put your mind to. As my circle of influence grows daily, I take great pleasure in sharing health and fitness tips with like-minded women, also wanting to change their lives and be the best version they can be of themselves.

Kind regards,

Lisa Licciardi Top of Form, via Facebook

I am a 34-year-old woman looking to change my life! I read your magazine cover to cover and am so inspired by everything your publish. Even after I finish the issue, I go back to previous ones for inspiration. My [inspiration] pic is a "where the bloody hell are you?" pic. It's from the Lara bingle advert which made us (my husband and I) move to Oz from England.

This picture is taken at my worst over Xmas and New Year so I am currently trying my hardest to rectify my shape and form. Currently I do 4-5 times a week in my local gym (just classes, sometimes twice a day) then a weight session one evening with my husband in the garage (2-3 nights a week). I have been a hairdresser for 18 years and now I am wanting to change career and go into fitness. I love nutrition and how the body reacts to different methods and exercises. I want to transform! But I want a social life too! I hope so many other women can get the inspiration I have from reading your mags!

Kirsty Harris, via Facebook



Hi Kirsty

Thank you for your letter. As you and many *Oxygen* readers know, the first step is always the most difficult one, so congratulations on making the decision to change and sticking to your goal. We hope that this issue of filled with inspiration and ideas for you – we can't wait to see your 'transformation' picture!

Oxygen

Thank you for the Justine Switalla's Fit Mum Training and Diet article. I'm due to have a baby in nine weeks, so reading this has made me more relaxed about getting body back!

Sarah Pearson, via Facebook





I love and respect fitness model and writer Jamie Eason (Oxygen April 2015 cover girl) so much! So great to see her on the cover... and I'm not even close to being a mum. She's just an inspiration in so many ways.

Eva Niedzwiedz, via Facebook



WHAT ARE YOUR FAVOURITE HEALTHY SNACKS? »

I've just welcomed the third trimester of my third baby and have been wearing my husband's basketball shorts at home as they are now the only pants that fit me! I received an email from my beautiful team at @oxygen_magazine to say I have been featured in an article. I feel that fitness and health are equally important and to be honest, lately I have been really discouraged by the amount of fitness people both well-known and general fitness lovers that I've found out not to be living as healthily as their social media pages show.

I look at my image in this magazine and I'm proud. I'm proud as I know I achieved my condition 9.5 months post-twins. I did it without carb depletion, without extreme supplements, without fat burners, with healthy and clean food and complete dedication to my goal. I'm proud that I know, in my heart, that if anyone gets motivation from my image, that it's factual that it's achievable and healthy. Thankyou Oxygen for recognising this, and also for my incredible sponsors @gnc_au for keeping me strong, healthy and motivated.

Ildiko Browning (via Instagram – onestrongmum)



"I swap lollies for grapes for my mid-afternoon snack.... Grapes are so sweet and fresh right now they're almost as good!"

Vicky Foreman



"I have swapped croutons for natural popcorn. Adds a new dimension to a salad and even the kids love it."

Sharon Horner

"I swap ice-cream for frozen raspberries, blueberries, bananas, coconut water, ginger, tumeric and blend them up in my magic bullet. It's sweet cold and healthy. Plus my kids love it too."

Sky, fitness trainer, via Facebook

Want more tips? Visit our Facebook page, and don't miss out on our great snack swaps on page 76.

Apple crumble Greek yoghurt: (For dessert)

- 200gms greek yogurt
- Small apple
- 1/2 tspn cinnamon
- 10gms manuka honey

Mmmm I'm gonna make it and destroy it now!

Alison Duggan, via Facebook

Got something to share, to boast about, or to ask? Write to us at editorial@oxygenmag.com.au or visit our Facebook page and like us to keep up to date with our news and views.

WE ASKED... WHAT DO YOU ORDER AT A RESTAURANT (WHEN YOU'RE WATCHING YOUR DIET)? >>

WE ASKED... HOW DO YOU KEEP THE SNIFFLES AT BAY? >>



"I order grilled fish with salad, and ask for no chips."

Tina Whatley, via Facebook

"I try to organise social gatherings around a breakfast or brunch. That way I still get the chance to have fun and catch up with friends, there is less likely to be alcohol involved and you really can't go wrong with eggs, mushrooms, tomatoes and spinach for your meal! There are so many great options for healthy breakfasts and brunches now so it's easier than ever before."

Danielle Appi, via Facebook

"You could be boring and order plain meat, veggies or salad even though you really want a burger with chips. Or you could just factor the burger and chips in to your macros for the day and have a great stress and guilt-free meal out with friends!"

Amber Day, via Facebook

"If there's an option to view the menu online then I do that before going out so I can see what they have and then plan ahead. Otherwise, I'm all for the vegetable dishes, steamed, roasted, boiled, in a salad - I love it all! Then I'll choose a protein such as chicken, beef or fish and ask for no sauce/gravy or sauce on the side. Then if there's something on the desert menu that catches my eye, I share that with hubby! Win-win for both of us!"

If there's nothing that takes my fancy on the menu, I'll have a small meal before going out, then have a salad at the restaurant."

Rena Phillips, via Facebook

3 parts:

- A shot glass full of Organic unfiltered Apple cider vinegar

followed with

- 1/2 cup warm lemon water

Finished with

- 1cup cold Aloe vera juice

My daily routine. No sore throat to be had!

Laura Carlidge, via Facebook

"Nothing gives your immunity a boost and chases away bugs like regular 8 hours of solid sleep!"

Danielle Appi, via Facebook

"Whenever I feel a cold coming on, I have zinc lozenges and get plenty of vitamin C."

Starla Stephens, via Facebook

"Cayenne pepper powder with hot water, to make a tea. Simple, cost-effective and very powerful. After a few sips, your throat will clear up fast! I recommend drinking it occasionally throughout the winter months even when you don't have a sore throat as a preventive too. It's magical!"

Celinda Belle, via Facebook

"I use coconut oil. Both lauric acid and monolaurin can kill harmful pathogens like bacteria, viruses and fungi."

Louise Cobby, via Facebook

"Peeling ginger root and boiling it in hot water for few minutes then drinking it. Opens my sinuses and chest and helps immunity."

Cindi Coker, via Facebook

Want to find out more ways to boost your immunity this winter? Turn to page 124 for some more tips.



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What's on



+ STADIUM STOMP

When: June – July

Adelaide Oval, Adelaide, 14 June, 2015; GABBA, Brisbane, 21 June, 2015; MCG, Melbourne, 5 July, 2015; SCG, Sydney, 26 July, 2015

Taking stair climbing and endurance events to a whole new level, Stadium Stomp provides entrants with the one-off opportunity to take on the thousands of steps at the Adelaide Oval, GABBA, MCG and SCG and raise money for a nominated charity at the same time. Participants climb up, down and around the stairs within the stadium bays,

traversing literally thousands of stairs along the way before finishing on the ground itself.

For more information and to register, visit www.stadiumstomp.com.au

+ PINK BUN CAMPAIGN FOR BREAST CANCER

Nationwide, 11 May-3 June, 2015

Every day 42 women in Australia will be told they have breast cancer, and seven will lose their lives to the disease. Each year, in May, every Bakers Delight bakery across Australia donates 100 per cent of the sale of Pink Buns to Breast Cancer Network Australia (BCNA), through a colourful and delicious fundraising campaign.

To commemorate 15 years of fundraising and a total of \$15 million worth of funds and pro-bono services raised and donated for the BCNA by Bakers Delight bakeries, more than 600 Bakers Delight bakeries across the country will roll up their sleeves and join forces with their local communities to help raise \$1.5 million for this year's Pink Bun campaign.

For more information, visit www.bcna.org.au



+ THE BIG RED RUN

The Simpson Desert, 27 June-2 July, 2015

Staged over six days, this 250km endurance run, based out of the iconic Birdsville town in Queensland, gives runners an awe-inspiring outback experience while raising money for Juvenile Diabetes Research Foundation (JDRF), which has received over \$350,000 from the event.

More than 110 runners have so far taken on the challenge and succeeded in conquering the Simpson Desert, known as one of the harshest on earth and, boasting the world's longest parallel sand dunes and the monstrous 40-metre high 'Big Red' sand dune.

Choose between the Big Red Run, a 250km six-day stage race, or the 150km Little Red Run.

All money raised from the event will go to type 1 diabetes research projects and the JDRF, the world's largest charitable supporter of type 1 diabetes research.

For more information or to make a donation, visit www.bigredrun.com.au or head to facebook.com/BigRedRun and twitter.com/BigRedRun

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WHAT DO YOU FIND IS THE BEST WAY to beat stress?

PENNY LOMAS

Every day I write in my notebook and gratitude diary:

I write down my inner thoughts, goals, plans and feelings. This helps me stay centred and focused,

but also releases any stress I have at the time. It's good to let your feelings – particularly stress – out, otherwise it becomes bottled up. I am a bit of a softy, so stress does affect me easily.

Over the years I have

IT'S GOOD TO LET YOUR FEELINGS – PARTICULARLY STRESS – OUT, OTHERWISE IT BECOMES BOTTLED UP.

learnt to deal with it through stress-management strategies. I know my personality type: I need alone time and a quiet

pace of life to stay on top of situations and be able to handle problems when they pop up. For

me, managing my cortisol levels means keeping my food and supplements on track and getting adequate sleep. I also take time out to pamper myself once a week, whether it's an acupuncture appointment, massage, sauna or simply a coffee and a book in a quiet café.

JUSTINE SWITALLA

Having some downtime is super important for anyone wanting to de-stress. These days there is always stuff to do, and our lives are just getting busier and crazier by the day, but we must learn to take time out for ourselves and get away from the madness. Whether you catch up with friends and family as often as you can for social time, or whether you go away on a holiday or long weekend every three to four months, it's imperative to schedule some time for you. Life will chew you up and spit you out if you let it, so you have to learn to find a way that works for you and your family so that you feel like you are getting time to yourself to let go of the stress.

The other thing that helps me (and others) with stress is exercise.

I USE EXERCISE AS 'ME TIME' AND IT HELPS ME TO BE A BETTER PERSON, MOTHER, PARTNER ETC.

It gives me time to think and I feel good about myself just knowing that I am doing something positive for my body.





Sharna's Tip: "PUTTING ON MY FAVOURITE HEADPHONES AND LISTENING TO LOUD BEATS INSTANTLY PUTS ME IN A BETTER MOOD AND PICKS UP MY ENERGY LEVELS! IF NO ONE IS IN THE HOUSE I MIGHT EVEN BUST OUT A DANCE MOVE OR TWO!"

SKYE CUSHWAY

I try to keep my stress levels down by making sure I do my meditation and yoga on a regular basis. At times when I feel overwhelmed and over-worked, I make sure I sleep and eat right. I also make sure I have at least one day per week of complete rest and go to a movie or have a foot massage to completely disconnect from the world. When I arrive home from a hectic day I burn some essential oil and light some candles: this helps me relax and wind down. I have to be consistent with these simple things for a stress-free life as I can easily slip into a state of stress and anxiety. I really do try to live in the present moment because if we are constantly worrying about things that haven't even happened yet we can create more stress than we need. As I get older, I'm finding that I stress less and less. So be consistent and do little things to help you have a happier existence.



SHARNA BENDER

Putting on my favourite headphones and listening to loud beats instantly puts me in a better mood and picks up my energy levels. If no one is in the house I might even bust out a dance move or two! Heading to the gym is one of the best ways I can de-stress from a bad day. Exercising and releasing all those amazing endorphins is one of the best treatments for stress and mild depression. High levels of endorphins in the body are known to reduce pain and the negative effects of stress. So for me it's all about those endorphins and just knowing I have done something great for myself. Every night before I go to sleep I take 10 minutes to meditate. I find that as soon as my head hits the pillow I end up thinking about a trillion different things and can't

switch off. If I meditate it seems to clear my mind of all the things that cause me to overthink and stress. It has me relaxed and asleep in no time.

If stress is really getting to me and I can't seem to overcome it, a trip to see my therapist always makes me feel better. Some people have mixed feelings about going to see a therapist, but sometimes it is helpful to talk about things that may be bothering you.

Stress causes so many negative effects on your mind, body and soul. So dealing with your daily stresses before they get out of hand is a great way to keep you fit, healthy, happy and young!

LESLEY MAXWELL

Stress is an emotion that can be redirected and very useful to you. When you're stressed your liver releases more sugar into your blood ensuring you're ready for action. When I'm stressed, I do a really intense workout as I find I have more energy than usual. A power walk with some extra step-ups along the way will also help me feel relaxed while listening to my favourite music or walking with a friend.

Some people turn to food to combat stress, but why not actually learn to harness this powerful emotion and redirect stress to your advantage. Remember, we always have a choice.



LINDY OLSEN

I try to use stress as a positive energy. When I'm stressed instead of getting bogged down in my 'to-do' list, I tackle my tasks head-on. I find that if I do this, then I can think more clearly and become more productive, so I try to deal with the biggest (and worst) problems first, which gives me a sense of achievement. I also

use exercise as time for myself - to clear my head and to think about various issues from another angle. And of course, just giving my daughter a cuddle and going to the park with her in the sunshine and fresh air tends to help put things into perspective!



The Great Resistance Debate

Can't decide whether to stock your home gym with bands or dumbbells? Consider these pros and cons before dishing out your hard-earned cash.

 Dumbbells >		 Bands >	
PROS	CONS	PROS	CONS
Offer a universal, precise measurement of resistance.	Heavier dumbbells must be purchased as you become stronger.	Are portable, lightweight and easy to store.	Resistance can be difficult to determine for the average person.
Are very versatile and can be used in all planes of motion.	Are not lightweight or easy to transport.	Are very affordable.	Can break and wear with continual use.
Considered the standard for many resistance exercises.	Can take up space as your collection increases.	Available in different widths for varied resistance.	Can be tricky to work with in some planes of motion.
Can be used to strengthen the entire body.	Can be expensive.	Offer continual resistance throughout a move.	Don't offer many effective lower-body exercises.

THE GYM-GOERS' CHOICE.

THE STRETCHY CONTENDER.

11

NUMBER OF AUSTRALIANS IN MILLIONS WHO PRACTICE PILATES, ACCORDING TO THE PILATES METHOD ALLIANCE. WANT TO JOIN IN BUT SHY ABOUT PRACTISING YOUR MOVES IN FRONT OF OTHERS? HEAD TO YOUR LOCAL MOVIE STORE OR LIBRARY AND PICK UP ONE OF THE HUNDREDS OF PILATES DVDS AVAILABLE.

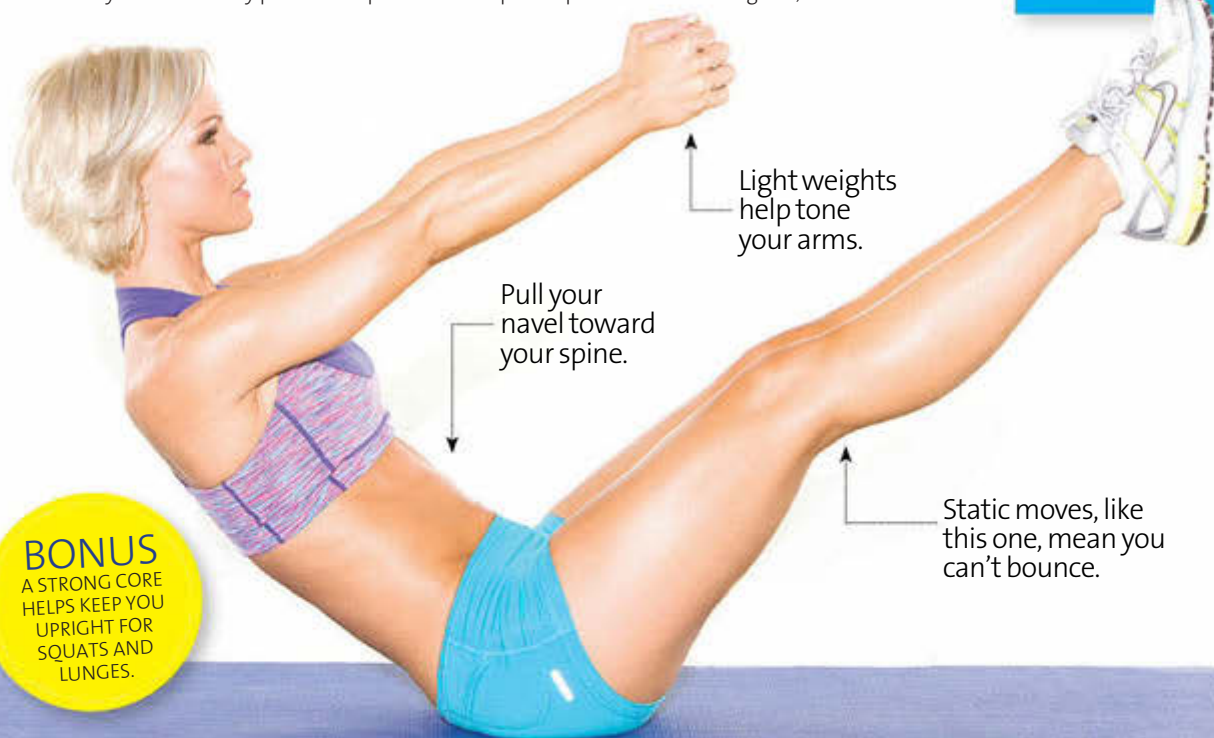
PILATES:

NOT JUST FOR CORE STRENGTH

Little research has been conducted on the benefits of Pilates, but that hasn't stopped the training method from becoming a popular staple in gyms around the country. A recent study pub-

lished in *The Journal of Strength and Conditioning Research* found that adults who adhered to an hourly routine twice a week for 12 weeks were able to perform more push-ups and

sit-ups, as well as demonstrate increased hamstring flexibility. Supplement your training with Pilates-inspired exercises to reap the benefits of stronger muscles and a tighter, leaner midsection.



BONUS
A STRONG CORE HELPS KEEP YOU UPRIGHT FOR SQUATS AND LUNGES.



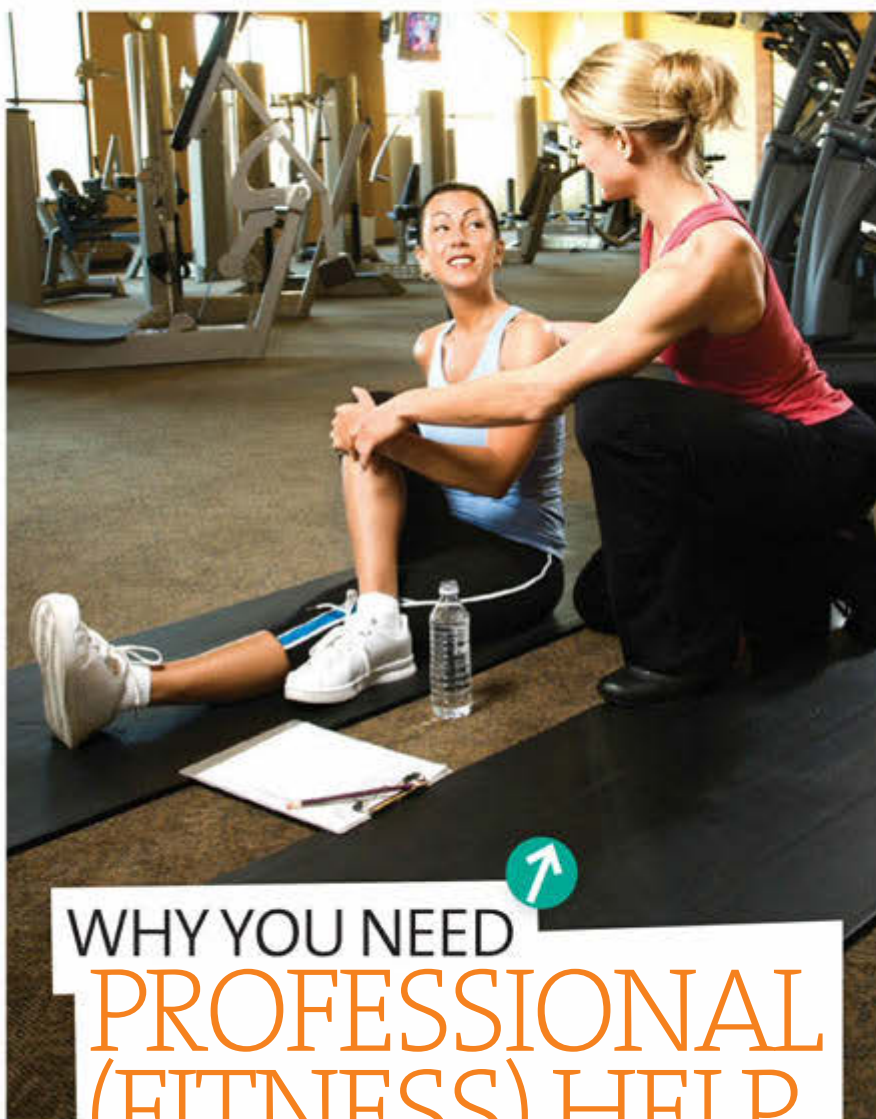
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Workout World.

Find your nearest store or shop online at www.workoutworld.com.au
CROSS TRAINERS • ROWERS • FUNCTIONAL FITNESS • NUTRITION • BOXING

YOUR GREEN MIND/BODY BOOST

Combining exercise and the great outdoors has great benefits for both your body and your brain. A new study reveals that getting just five minutes of outdoor exercise a day can improve mental health. Researchers from the University of Essex, in the UK found that **just a few minutes of "green activity,"** such as **walking, gardening, cycling or farming, improved mood and self-esteem in participants.** Getting fit and staying active doesn't necessarily mean staying within the walls of your gym! Try out these *Oxygen*-approved, autumn-friendly activities and you'll be boosting your spirits as well as your bod.

- **Take a resistance band** to the park and do your workout outside.
- **Research trails** in your area and take an afternoon or evening hike.
- **Find a park or track** near your workplace and take a walk during lunch hour.
- **Bike or rollerblade** to the corner shop.
- **Spend an hour weeding** your garden or raking up the leaves.
- **Sign up for a weekend charity race** and opt to hit the road rather than the indoor track during training.
- **Offer to help elderly neighbours** with their outdoor chores. Yes, rubbish cans can count as heavy lifting!



WHY YOU NEED PROFESSIONAL (FITNESS) HELP

Debating whether or not to hire a personal trainer? A Swedish study conducted on female volleyball players found that athletes who exercised under the watchful eye of a physiotherapist improved their athletic performance by 50 per cent and experienced less injury than

those who exercised alone. Training with professional supervision may be the missing ingredient in your workout plan. Splurge on a few bi-weekly sessions to help perfect your form, learn new strength moves and receive the fitness motivation you deserve. ☺

QUOTE OF THE MONTH

"Never let the fear of striking out get in your way." — BABE RUTH

257

Number of calories burned during 30 minutes of vinyasa yoga.

FLUSH FITNESS

PROUDLY INTRODUCES

**SCITEC[®]
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A yoghurt a day keeps diabetes away

According to the Harvard School of Public Health, just one serving of yoghurt daily means an 18 percent reduction in risk of developing the disease. Experts believe that the probiotics — the “good” bacteria — in yoghurt alter the intestinal environment for the better, helping reduce inflammation and promote hormone production that helps control appetite.

Try it today: Eat one serving of low-fat Greek yoghurt as a snack or part of a meal. Mix yoghurt with fruit for a breakfast parfait, or blend yoghurt into a shake postworkout.

McMorons?

Trans fat is notorious for clogging arteries and causing heart disease, but new research indicates it also might be messing with your memory. Participants in the study had a significantly reduced ability to recall words during a memory test, and the higher the trans-fat consumption, the worse the performance. Scientists theorise that trans fat adversely affects the hippocampus centre of the brain, which is linked to memory. On the flip side, chocolate was shown to improve memory. A known antioxidant, it had the opposite effect on the hippocampus than the trans fat.

Try it today: Skip the store-bought treats and make your own batch of fresh chocolate chip cookies from scratch using all-natural, whole ingredients and plenty of dark chocolate chips that are high in antioxidants.



From the horse's mouth

- » Aside from eating, you probably don't give your mouth too much thought, but here are some interesting facts that might make you turn an eye down your gullet:
- » Your mouth is home to more than 700 types of bacteria.
- » Eighty million germs are transferred from one person to another during one kiss.
- » Your teeth areas unique as your finger prints.
- » When you burn the roof of your mouth, it's called “pizza palate.”
- » The first braces were constructed in France in 1728.
- » Three million miles of dental floss is purchased in North America every year.
- » Tooth decay is the second most common disease in the U.S., behind the common cold.
- » Recent research indicates that grapefruit extract can kill oral viruses.
- » Routine dental radiographs can help prevent stroke by identifying dangerous calcium buildup in the carotid arteries at either end of the jawbone.



ONE IN SIX AUSTRALIANS WILL SUFFER FROM DEPRESSION AT SOME STAGE IN THEIR LIVES » TRY IT TODAY: KICK THE BLUES TO THE CURB WITH CONSISTENT AND FREQUENT EXERCISE, AND GET THOSE ENDORPHINS FLOWING. FOR AN EVEN BIGGER BOOST OF THE HAPPIES, TAKE YOUR WORKOUT OUTDOORS. RESEARCH SHOWS THAT EXPOSURE TO GREEN SPACES SUCH AS PARKS AND FORESTS BOOSTS MOOD.

BULK NUTRIENTS
PURE SUPPLEMENTS



ThermoWhey is the ultimate 'fat burning' protein!

ThermoWhey has been formulated using only verified compounds, making up our blend of **ultra-lean proteins** and 10 dedicated **fat burning ingredients**.

It's a multi-faceted approach to weight loss, with benefits including:

- **Less than 1g of fats & carbs** per serve
- Over 85% protein
- **Reduces food cravings**
- Maintains lean muscle mass

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per serve

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my overall performance!"***

Alicia Gowans

WBFF PRO & MOTHER OF TWO

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WHEN THE WEIGHT DON'T ADD UP...

Most of the time, the fat-loss equation goes something like this: You exercise + eat clean = you drop weight. And when you slack off, the opposite happens. But when your body doesn't give you the results that make sense, it might be time to have a chat with your doctor. Here's the scoop:

Unexplained weight loss

IT COULD BE: A breakthrough in your plateau!

BUT ASK YOUR DOC ABOUT:

Testing for coeliac disease, especially if you get a stomachache after eating wheat, barley, rye and other products containing gluten.

REASON: Coeliac disease prevents your body from absorbing some nutrients – and can result in malnutrition and weight loss.

OTHER POSSIBLE CULPRITS:

Other gastrointestinal diseases, certain infections, new medications or cardiovascular or lung complications.

Unexplained weight gain

IT COULD BE: A symptom of your recent love affair with chocolate brownies and *My Kitchen Rules*.

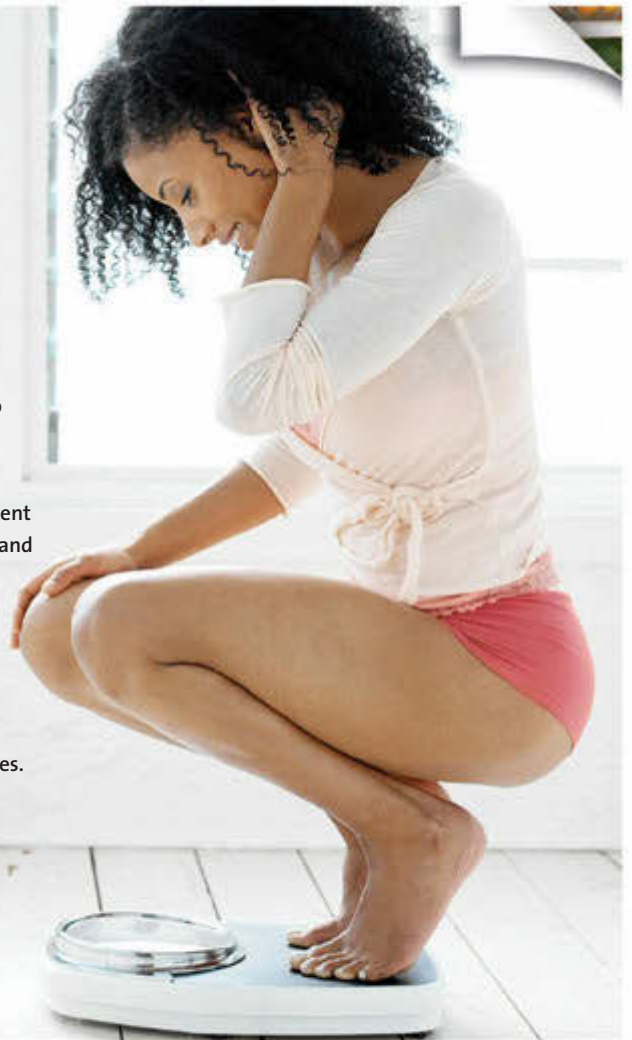
BUT ASK YOUR DOC ABOUT:

Getting your thyroid hormone levels checked.

REASON: Hypothyroidism, or an underactive thyroid, can reduce the rate at which your body burns calories.

OTHER POSSIBLE CULPRITS:

Other hormonal imbalances, new medications, slower metabolism or pregnancy.



Reach All Your Goals

Small, attainable goals are the key to a fit, healthy body. Up for a challenge? Try these in May or June.

- Get one good sweat in at least three times per week. Not a dewy glow, but a good old-fashioned T-shirt soaker.
- Listen to your favourite music during one meal a day. You're more likely to spend a longer time at the dinner table, which could translate to slower munching and less overeating.
- Dump one bad health habit this month. Not flossing enough? Putting off your annual physical? Get on it today.

35

PERCENTAGE BY WHICH YOUR RISK OF HEART DISEASE INCREASES IF YOU'RE UNDER TOO MUCH WORK STRESS. ADD CALM TO YOUR DAY BY TURNING A COWORKER INTO A WORKOUT BUDDY. IN JUST 30 MINUTES OF BRISK WALKING DURING LUNCH, YOU CAN BURN A COMBINED 281 CALORIES.

— OCCUPATIONAL AND ENVIRONMENTAL MEDICINE

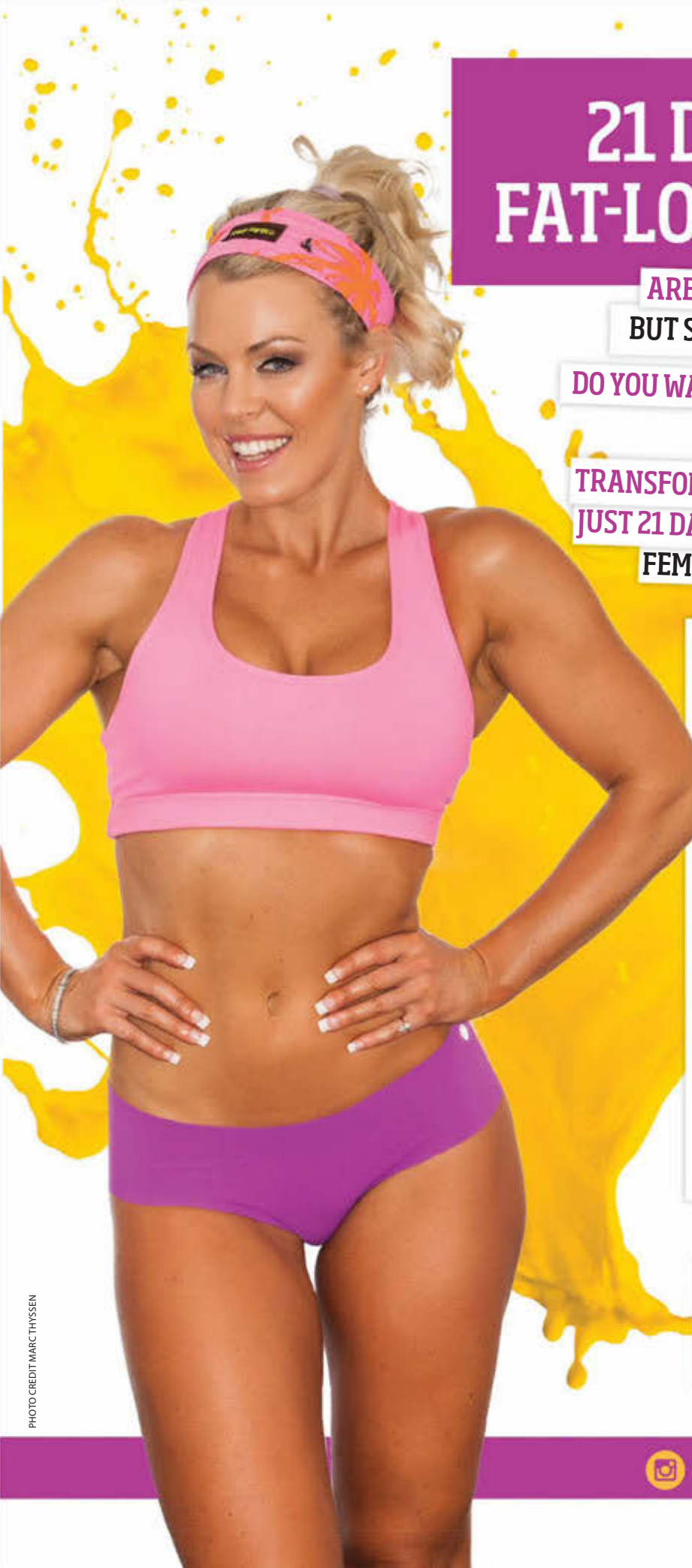
TIP

Keep your blood glucose in check by cooking your pasta al dente (firm but not hard). The softer you boil your spaghetti, the higher its glycemic index.



Boost Your Immunity

Mindfulness can help you in the gym, but can it help keep you from getting sick? Maybe. In a recent study published in the *Journal of Alternative and Complementary Medicine*, healthy patients who practised mindfulness techniques and improved their well-being also had an increased level of the immune system's protective "natural killer" cells.



21 DAY RAPID FAT-LOSS PROGRAM

ARE YOU CURRENTLY TRAINING
BUT STILL HAVE PROBLEM AREAS?

DO YOU WANT LEANER LEGS, TIGHTER ARMS
AND FLATTER ABS?

TRANSFORM YOUR BODY AND YOUR LIFE IN
JUST 21 DAYS WITH AUSTRALIA'S LEADING
FEMALE TRAINER RACHEL GUY

WHAT'S INSIDE 21BBB:

- **RAPID RESULTS CALENDAR & EATING PLAN**
Don't wonder what to eat and when, make eating easy, fun and stress free
- **INSTANT ACCESS TO 40+ SPECIALIST TRAINING VIDEOS**
Weights or bodyweight discover techniques required to tighten, melt and mold those problem areas
- **RAPID RESULTS RECIPE BOOK**
Make meals to boost your metabolism that taste good, make you feel amazing and kill cravings
- **RAPID FAT LOSS CARDIO HACKS**
Discover the cardio hacks to supercharge fitness and kickstart fat burning fast
- **FREE BONUS IBS GUIDE**
Digestion can be a minefield, discover how to dramatically reduce bloating and unwanted gas



TO START YOUR
TRANSFORMATION TODAY VISIT:
athleticfox.com/21BBB





Magellan Echo

The great thing about using a fitness app is that it's like having your own personal trainer available anytime you need them helping you track your exercise progress. However, juggling a smartphone in your hands while running, walking or exercising at the gym can be a recipe for disaster and glancing at a smartphone when it's strapped in an armband can be awkward and inconvenient.

The Echo provides a solution - it's the first dedicated Smart fitness watch in Australia that uses Bluetooth Smart technology to wirelessly connect to a smartphone and stream live details from your fitness apps such as distance, time, calories, heart rate and pace to your wrist. So you can tuck your phone away in an armband or pocket and view your exercise progress from your Echo as well as control your apps from the watch.



The device is compatible with apps including Strava, all Wahoo Fitness apps, MapMyRun, MapMyWalk, iMobileInterval, and iSmoothRun. There is even an Echo model that includes a low-energy Bluetooth heart rate monitor, compatible with any fitness apps that tracks heart rate data.

The Magellan Echo is compatible with iPhone 4S, 5, 5C and 5S and Android 4.4 or later. Android users can download the Echo Utility from the Play Store and customise their Echo.

For more information visit www.magellangps.com.au/echo



Slim secrets

Are you looking for a new workout buddy who will never let you down, make you feel great and give you all the energy you need to power through your sessions?

Slim Secrets Fit & Fab Mini Protein Bars are your new secret snacking weapons designed to keep you looking fit and feeling fab! Tuck one of these in your gym bag and you know you'll always be armed with a nutritious, and best of all delicious, snack.

Just the thing for refuelling post workout, smart snacking on the go or a sweet treat to satisfy your cravings, Slim Secrets Fit & Fab Mini Protein Bars tick all the right boxes for less than 100 calories!

Slim Secrets Fit & Fab Mini Protein Bars are packed with 9.5g of protein per serve to keep you feeling fuller for longer and refuelled for action. They are wheat free, low carb and contain less than 1gm of sugar, making Slim Secrets Fit & Fab Mini Protein Bars your perfect workout companion - ready-to-go, reliable and irresistible!

With two decadently tempting flavours Crème Caramel and Choc Peanut Fudge, these little babies are the treat you can enjoy anytime, anywhere without the guilt.

Slim Secrets Fit and Fab bars are sold in a range of health food stores, gyms and pharmacies.

Also available at www.slimsecrets.com.au

Fat burn revolution

Looking for a way to shed stubborn fat, or wondering why your current exercise programme isn't helping you slim down? Having trouble breaking through a body fat or fitness plateau? The Fat Burn Revolution demystifies fat burning fitness, answering all these questions and more to put you on the right track for the lean body you have always wanted.

With insights into the latest fat-loss information used by top personal trainers combined with tried-and-tested metabolism-boosting workout programmes, the Fat Burn Revolution gives you the tools to sculpt your body.

Leading fitness journalist and trainer Julia Buckley shows you the healthy way to condition your body for optimum fat burning - even when you're not exercising.



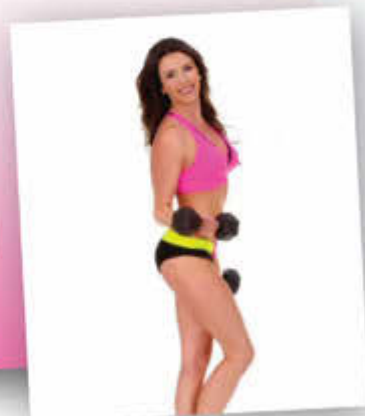
Feel Like a Fitness Model: Cookbook and Guide

Discover how to increase your metabolism, lose body fat and feel more energetic than ever! No more yo-yo dieting... no more extreme measures. Written by certified dietary technology Teena Gudjohnson, her weight loss methods and clean recipes have worked for

hundreds of clients. Getting lean and fit may be easier than you think. Start your journey today to an amazing body... on the inside and out. Her book provides everything you need to start your journey to permanent weight loss and a great figure! Teena is a certified

dietary technologist, certified ISSA personal trainer, certified specialist in fitness nutrition, pro fitness model and mother of three.

To order a copy of Teena's new book visit: teenasfitness.com or go to Amazon.com (Search "Feel Like A Fitness Model")



IVAN SCANNELL

NAME: Ivan Scannell
AGE: 26
HEIGHT: 185cm
WEIGHT: 75kg

HOMETOWN: Durban, South Africa – Resides in Sydney
OCCUPATION: Model, athlete, fitness trainer and consultant

What do you do for fun?

I love to travel – exploring new cultures, developing new friendships, learning new languages! I am lucky I get to travel a lot throughout the year, working with some of the world's most talented and inspirational photographers, fashion designers and athletes. When I'm not working or modelling abroad I enjoy surfing, playing my beloved guitar, socialising with my family and friends, enhancing the services I provide in my business and staying in touch with my very large network of friends, fans, subscribers and colleagues.

If you could be anywhere in the world doing anything, what and where would you be?

I would have to say Sydney and doing exactly what I have set out to do, which is to act and grow my business ISFit (www.isfit.com.au).

What is your claim to fame?

My claim to fame... Hmm... As well as my above achievements, I also received a sports scholarship to Macquarie University, where I completed a Bachelor Degree in Commerce Accounting & Corporate Law.

What is the most romantic thing you've ever done for a woman?

I love to spoil those that I am close to. A delicious breakfast in bed with all her desired food and flowers, followed by a surprise candelit picnic on a beautiful warm summer's evening on the beach. Bottle of wine and delicious delicacies under the stars...

Describe your perfect night out.

I love starting a night early, especially when it's a warm summer's day, whether it's a night alone with my girlfriend, my family or a night out with the boys. Imagine pre-drinks overlooking the water, watching the sunset and enjoying a couple of starters, before kicking on to an event or club and just dancing the night away.

What characteristics do you most look for in a woman?

I like a woman that is compassionate, kind-hearted, gentle, devoted, self-assured and passionate. Someone that makes me smile, is serious about what she does but also very playful!

How do you stay in shape?

I love being outdoors, so I try and train as much as possible outside. You will often see me running from my place in Potts Point to the Sydney Opera House, where I will do a series of stair sprints and circuit work. I also have a regular three-day-split resistance training program that I do five times per week.

I love being healthy and love to inspire and motivate others to be the same!

GETTING PAST SET BACKS



There are times where we relax a little too much, the stress and business of our lives create barriers in the paths of our fitness goals and can either set us back or bring us to a halt.

SOUND FAMILIAR?

Here's a common scenario I think we can all relate to. So amidst the fast paced life you lead, you put on a bit of weight, you aren't looking as good as usual or you're just feeling bad.

The first thing you do, is put a hard to maintain and unrealistic plan into action. You force yourself to do large amounts of unnecessary cardio, follow a limited diet (usually carb restrictive) and after a week of going full throttle, you burn out, find it's all too hard and stop all together, feeling a mixture of guilt, sympathy and exhaustion.

Putting yourself through all of this because you freak out about a few set backs will result in a one or all of the following: you create a negative relationship with food and exercise and because you are forcing yourself to carry out a strict and unrealistic plan, it stops you from ever being able to find balance and a healthy, maintainable routine to work towards your goal.

Because you are restricting yourself so much, you create such a mental barrier that psychologically all you want to do is binge and fall right off the wagon, leaving you with a constant feeling of guilt.

You never enjoy what could be a positive and gradual process because you go from zero to one hundred and don't allow yourself and your body to adjust to your program, which leads to fatigue and lack of motivation.

The last possible or additional outcome is that you go hard and fast for a month max at a time then fall off the wagon and you are back where you started, or it's not working fast enough and you give up and often end up even worse then the last time this happened.

SOUND LIKE YOU?

I have been in this position, and the main reason we decide to be so full on is because we want to get back to where we were before, our better version and fast!

I have many people around me who freak out because they don't look as good as last summer and it makes them insecure and so set on not being good enough now, that it stops them from wanting to even set foot in a gym because they don't want people to see them at their current state.

Let me say this, you are not going to the gym to get fit for anyone but you!



The moment you worry about others in this process is the moment you need to take a step back and reevaluate why you are trying to get to this goal.

Is it for you? Or is it for validation of others? To make an ex jealous, or make someone notice you more? You will never be satisfied with this kind of drive and it is never going to keep you on track towards your goals. Find a drive that comes from within you, because I can guarantee that focussing on yourself is far more rewarding.

So baring all of this in mind, instead of constantly falling into this pattern, learn from the last time, it hasn't worked, and if it has, you haven't been able to maintain it. Let's start with a new approach.

STEP 1: Give yourself a longer time frame. Something long enough to see progress and to gradually increase your overload. Let's say 16 weeks, if you progress further than planned then you are going to feel great and this positive feedback loop will motivate you further. If you progress as planned, great, you are on point with the time frame.

STEP 2: Start with small exercise load and progress slowly. Remember that if you've been off duty for a few weeks, this has given your body a de-load which means that your body is still going to respond well and you are still going to get results from starting softer and progressing as you go.

Limit your cardio to something like two days a week if you really want to do it, and keep this variable the same when mixed in with your weight training. Don't change anything till you see your body is plateauing.

If you are still getting results from what you are doing then why change? You want to give yourself lots of room to progress and leave yourself with more tools to use when you hit a plateau.

Again this is just suggestion to ensure that you stay on track and ENJOY the process, it should not be forced and seen as a chore. It should be something you look forward to doing in your day. Feeling good about doing it will keep you focused and motivated.

STEP 3: Don't give yourself a restricted diet. Aim for balance and a range of whole foods. Allow yourself to have a treat here and there, you know when you've over indulged, but hopefully if you give yourself balance, there will be less of a need to binge and go completely off your nutrition. If you are unsure of how to eat well and eat for your goals, don't be afraid to ask someone more knowledgeable or qualified in nutrition. The more you can learn, the better your results.

Stop putting pressure on yourself to be the best in a couple weeks. Everything takes time, the more gradual the process, the more you can make it a lifestyle rather than a quick fix.

Remember that you are going to the gym to reach this goal, whatever you look like doesn't matter, you are going in there because you want to change.

Who can judge you for wanting to be healthy and working hard? Enjoy your process and I can guarantee you will feel so much better for it.



**YASMIN
BASILI-MILLER**

TEAM MA

AGE

HOME TOWN

PROFESSION

SPONSORED ATHLETE

19

MARGARET RIVER

PERSONAL TRAINER

MUSCLE ARENA

Brooke Stacey: How I went from flab to fab

"Be happy... not because everything is good, but because you can see the good in everything."

OUR OXYGEN COVERGIRL BROOKE STACEY, NOT ONLY LOOKS FABULOUS, BUT IS A TRUE INSPIRATION FOR ANYBODY WHO WANTS TO GET HEALTHIER AND FITTER, INSIDE AND OUT.

WORDS BY BROOKE STACEY

When I first started training, it was mainly because I needed an emotional workout, not necessarily a physical one. I was going through a break-up at the time and needed an outlet to release all of my anxiety and stress. This was a time which I consider to be one of my hardest challenges: I have always been athletic and active so it was natural for me to want to move my body and relieve stress through physical exertion. This enabled me to turn anxious and sad situations into something remarkable, healthy and positive. It showed me a lot about my self and what I am capable of mentally and physically. I feel stronger spiritually, mentally and physically and have greater confidence that I can over come any obstacle in life.

During my first training session I felt like everything was brand new. Foam rolling and myofascial release was new to me, and I remember the sweating and shaking started immediately as I began to engage my muscles in ways it had never done before.

WHAT MOTIVATES ME

I find motivation everywhere: from strangers (in person or on social media) who say that I inspire

them; from surrounding myself in the gym with peers who are also putting in the hard work to live a healthy life style, as well as my peers in the fitness industry. My friends in the fitness industry lift me up with their encouragement and congratulations. This makes me want to push myself even further, to do more each day to be successful. Good, positive energy is so contagious: I choose to surround myself with like-minded people so that we can encourage each other.

The most rewarding aspect of training is the endorphin rush and stress relief I get when I leave all of the stresses of my day out on the gym floor. It feels good to look in the mirror when I'm lifting and see my progress. And it feels great to put my body to work and see all its amazing capabilities. Our bodies are remarkable!

HOW MY JOURNEY BEGAN

I started out in the industry by fitness modelling, before becoming a certified personal trainer. When I was modelling, people would ask me loads of fitness questions. I wanted to be able to better answer and educate others on fitness and living a healthy lifestyle. I am always learning and now enjoy



PHOTO CREDIT JAMES PATRICK

writing articles for top fitness magazines around the world. My journey in fitness has evolved as it has gone along. I have been truly blessed to grace the cover of magazines and inspire others to live healthier, happier lives through my example.

I've learnt that consistency in my life – whether it's eating or training is the key to success. There are no short cuts and no quick fixes. It's about putting in the hard work and sticking to it over time to see the results.

Training makes me feel strong, happy and relaxed. When I am dripping wet with sweat it is one of the greatest feelings. I love working hard and seeing that it all pays off in the end both mentally and physically feeling better about myself.

When I got the smallest taste of what it felt like to workout hard and what results looked and felt like I was hooked. I wanted to workout more and learn more about health and fitness any way I can. The way that other people responded to me when I was healthier and fitter was enough for me to never want to go back to where I was before and to continue to learn more and be more in health and fitness.

MY HEALTH AND LIFESTYLE ADVICE

My advice is to invest in a great personal trainer that can personalise a workout plan for you and push you past your normal limits of hard work to get results. There is no greater investment than in your health. You can't work, make money or enjoy anything in life fully if you don't have your health. A personal trainer can help get you on the right track to changing your body and life

style, but you must find the motivation within yourself to put in the work required to change.

The most important thing women need to remember when training is to give it everything they have. Bring intensity and focus to your workouts so that your mind and your muscles can connect and have the best results.

When motivation is low that's when habit kicks in. If you are used to going to the gym at a particular time then you just go. You go because that is your habit instead of sitting on the couch watching TV. That's when all of the days at the gym pay off.

I have always enjoyed training alone, unless it is with my personal trainer in a training session. I like to get into my music and connect my mind to my body during training so that I can be all in to my workout with out distractions. When I workout, I am there to work, not talk to others.

Now that I have transformed my body I feel like a new woman. My healthy, fit physique has transformed every area of my life in a positive way. I feel happier, more confident and in return others respond to me in a more positive way. I don't have to worry about my weight fluctuating or how my clothes are going to fit or look. I can get dressed and enjoy the moment and appreciate my hard work and how I look and feel.

Being healthy and happy are the keys to a happy life. You don't have to look a particular way or have a particular body type to be beautiful and healthy. Stay active and work hard and all of your dreams can come true!



Cover Model Diet:

Breakfast: oatmeal with blueberries, coffee and water

Snack: apple with almond butter

Lunch: spinach salad with sautéed salmon, goat cheese, strawberries, black berries and pine nuts with balsamic dressing

Snack: protein shake consisting of almond milk, banana, spinach, whey protein, almond butter

Dinner: Chicken, brown rice and sautéed vegetables (peppers and squash)

Cover girl training

Brooke shares her weekly training session with Oxygen.
(*All lifting exercises are 4 sets of 10-12 reps)

Monday - Legs and shoulders

Tuesday - Back and biceps

Wednesday - Chest and triceps

Thursday - rest day

Friday - rest day

Saturday - Outdoor 4.8km - 8km trail run

Sunday - Hot, vinyasa flow yoga for hour and a half



Strong body, strong mind

IMAGES BY JAMES PATRICK

INCLUDING YOGA INTO YOUR EXERCISE REGIME IS AN INTEGRAL PART OF YOUR OVERALL FITNESS, SAYS OXYGEN'S COVER GIRL BROOKE STACEY.

One of the most important aspects of fitness is having a mind to body connection. When someone is able to activate and feel the strength and power of their own body it is one of the most empowering feelings one can achieve. One way to gain that mind to body connection is through yoga. Yoga has the ability to help strengthen, stretch, tighten and tone the body. In addition, yoga can

help increase circulation, improve balance and core strength, as well as being restorative and helping participants connect their mind to their body.

The word Yoga means "to join or yoke together," and it brings the body and mind together in one harmonious experience. The whole system of yoga is built on three main structures: exercise, breathing and

meditation. Regular daily practice of all three parts can help produce a clear, bright mind and strong, capable body.

Try these strengthening yoga moves twice a week to add a different aspect to your weekly resistance training workout. And begin to feel the power of a mind to body connection and the positive benefits it will have on your overall health and wellbeing.

Downward Facing Dog (Adho Nukba Svanasana)

Stretches spine, hamstrings, glutes, calves; strengthens deltoids, triceps

1. Start on all fours with your feet and knees hip-width apart. Position hands about shoulder-width apart and spread your fingers wide.
2. Pressing firmly through your hands, lift knees off the floor and straighten your legs. (If you have tight hamstrings, a gentle bend in the knees is fine).
3. Walk your hands forward a few inches and walk your feet back a few inches to lengthen the pose. Squeeze thighs as you press them toward the back wall. Press your heels back and down toward the floor (though they might not reach the mat).
4. Relax the head and neck and let your shoulder blades slide down your back toward your feet. Breathe deeply. Hold for at least one minute.

Beginners: Try bending your knees, coming up onto the balls of your feet, bringing the belly to rest on the thighs and the sit bones up high. Then sink your heels, straightening the legs keeping the high upward rotation of the sit bones. Also try bending the arms slightly out to the side, drawing the chest towards the thighs. Then re-straighten the arms.

Advanced: If you are very flexible, try not to let the rib cage sink towards the floor creating a sinking spine. Draw the ribs in to maintain a flat back. Try holding the pose for five minutes, placing a block under your head for support.

Why it is good for you: Down-Dog is a top-notch upper body-strengthenener. And as an inversion (meaning your hips are higher than your heart), it increases circulation.





Warrior I (Virabhadrasana I)

Strengthens the legs, opens the chest and shoulders

1. From Downward Facing Dog, bring the right foot forward next to the right hand. Pivot on the ball of the left foot and drop the left heel on to the floor with the toes turned out about 45 degrees from the heel.
2. Bend the right knee directly over the right ankle, so that your thigh is parallel to the floor. Draw the right hip back and the left hip forward, so that the hips are squared to the front.
3. Bring the arms out to the side and up. Bring your palms to touch and gaze up toward the thumbs, coming into a slight backbend. Slide the shoulder blades down the back. Repeat on the other side.

Beginners: Step the left foot out toward the left side of the mat a bit to allow more room for the hips to square. Place your hands on your hip bones, so you can feel whether they are squared forward. Draw the right hip back and the left hip forward. When you bring your arms up, keep them shoulder's distance apart if that is more comfortable.

Advanced: Make sure the right knee stays directly over the right ankle. Ground down the outer edge of the left foot while lifting the inner arch of that foot. Really engage the quadriceps. Hold the pose for ten breaths.



Warrior II (Virabhadrasana II)

Stretches hips, inner thighs, chest; strengthens quadriceps, abdomen, shoulders

1. From standing, step your feet about 4 feet apart. Turn your right foot so the toes point toward the front of your mat. Turn your left foot in 30 degrees.
2. Raise your arms to shoulder height, parallel with the floor, palms face down. Bend your right knee so your right shin and thigh form a 90-degree angle.
3. Gently tuck your tailbone down as you draw your abdomen in. Hold for 5 deep breaths in and out through the nose. Straighten the right leg and repeat on the opposite side.

Why it is good for you: This powerful pose will grant you long, lean, toned arms and legs as well as firmer core.

Beginners: Make sure the right knee stays tracked over the middle toe of the right foot. Don't allow the knee to drift over to the left.

Advanced: Hold the pose for ten breaths.

Warrior III (Virabhadrasana III)

Strengthens the legs and abdomen, improves balance and core strength

1. 1. From Warrior I, bring the hands onto your hips. Bring your weight forward onto your front foot as you gently kick up your back leg. At the same time, bring the torso forward until it is parallel to the floor.
2. 2. Keep the neck relaxed, as if it's the natural extension of the spine. Keep both hips pointing toward the floor as you bring the back leg in line with your body.
3. 3. Flex the raised foot and keep the muscles of the raised leg actively engaged. Bring the arms back along your sides. Repeat on the other side.

Beginners: Do the pose at the wall. You can either face the wall and bring your arms outstretched in front of you with your hands on the wall or turn around and bring the lifted back foot onto the wall.

Advanced: Try another arm variation. Bring the arms outstretched in front of you (pictured here) or into reverse namaste position behind your back.





Triangle (Trikonasana)

Strengthens the legs, stretches the groins, hamstrings, and hips, opens the chest and shoulders. Can help relieve back pain.

1. From Warrior II, straighten your front leg (the right leg in this case). Reach the right arm towards the front of the room, engaging your right thigh as you go.
2. Drop your right hand down onto your shin or ankle. If you are more open, bring your right hand to the floor on the inside or outside the right foot. Do whichever one feels most comfortable.
3. The left shoulder stacks on top of the right one as you open your chest, reaching the left fingertips towards the ceiling while keeping your left shoulder rooted in its socket. Take your gaze up toward your left fingertips.
4. Draw the right thigh muscles upwards, deepening the crease in your right hip. Slight bend of your right knee. Repeat with your left leg forward.

Beginners: Bring your right hand higher up on your leg or place a yoga block on the floor to under your hand. It is more important to keep your right leg straight than to bring your right hand to the floor. Do not rest your hand directly on your knee, though, as this creates too much pressure on the knee.

Advanced: Line up the right heel with the arch of the left foot. For a variation, try dropping the left arm over the left ear so it comes parallel to the floor, while keeping the shoulder rooting into the socket. Take the weight out of your right hand, hovering it above the floor. Or take the opposite hand to foot and twist open with other hand straight in the air for reverse triangle pose (pictured here).

Hands at heart Tree Pose (Vrksasana)

Stretches hips, inner thighs; strengthens legs, spine, core

1. Stand with your legs and feet together, hands on hips. Transfer weight to your left foot as you bend the right knee and place the sole of the right foot on the inside of your left leg. Gently press the right foot against the left leg.
2. Bring the palms of your hands together in front of the heart in prayer pose. Hold for 1 minute on each side.

Beginners: If you cannot bring the left foot high inside the right thigh, bring it lower on the right leg -- but be careful to avoid placing the left foot directly on the right knee. Use the wall for balance if necessary.

Advanced: Bring the arms up towards the ceiling with the palms touching. Open the arms out to side.

Why it is good for you: On days when your mind feels scattered, practice this pose to get centered.



Wheel Pose (Urdhva Dhanurasana)

Improves spinal flexibility. Stretches the shoulders and chest. Strengthens the arms.

1. Come to lie on the back. Bend the knees, bringing the soles of the feet parallel on the mat close to the buttocks. Bend the elbows and bring the palms of your hands underneath your shoulders with the fingertips pointing towards your feet.
2. Inhale and press down into the palms as you lift the hips up off the floor. Bring the crown of your head to the mat. Pause here for a moment as you make sure that the elbows are staying parallel and not splaying out to the sides.
3. Straighten your arms as you lift the head off the floor. Make sure to keep the legs parallel. Reach the chest towards to wall behind you. Begin to straighten the legs.
4. To come down, tuck the chin into the chest and lower down slowly. Rest, allowing the knees to knock together.

Beginners: Take the hands a little wider before you push up.

Try the pose at the wall. Take two blocks and place them leaning on the wall at 45 degree angles. Put each hand on a block.

Have someone stand behind you and hold their ankles instead of putting the hands on the floor.

Advanced: Lift one leg at a time straight up to the ceiling. Or you can come into the pose from standing and/or come up to stand from the pose.

ABOUT BROOKE STACEY:

Brooke is a fitness model and personal trainer currently living in Austin, Texas. Growing up, Brooke always had a passion for sports and the outdoors starting at a young age. It wasn't until her own personal transformation took place four years ago, with a personal trainer's help, that she was able to re-prioritize and redefine what health and fitness meant in her life. Through consistent weight training, clean eating

and a variety of cardio she was able to change her physique. The physical, mental and spiritual change has helped her change her life in many amazing ways... most profoundly in her ability to inspire others to live a healthier lifestyle. Brooke is encouraged, personally motivated and flattered to have the ability to inspire others in any way possible and is enjoying doing so through fitness modeling and personal training.

You can follow Brooke Stacey at www.brookestacey.com

Upward Facing Dog (Urdhva Mukha Svanasana)

Strengthens the arms, wrists and abdomen. Increases the flexibility of the spine. Upward Facing Dog is usually done as part of the Sun Salutation vinyasa sequence of poses.

1. From Chaturanga Dandasana or plank position, straighten arms and come forward rolling over the toes without letting the thighs touch the floor.
2. Keep the legs engaged and off of the floor, while pressing the tops of the feet down and dropping the hips.
3. Make sure the shoulders stay over the wrists and are not hunched up near the ears.

Beginners: Bring your thighs to the floor and turn the feet one at a time if you cannot roll over the toes. Then lift the legs again. Bend the arms out to the sides and roll the shoulders back to bring the shoulders over the wrists. Practice Cobra if Upward Facing Dog is not possible. If you find yourself rushing through this pose, slow down to tweak your alignment occasionally.



Your three-month guide to being competition-ready

YOU'VE LIFTED THE WEIGHTS, TONED YOUR BOD AND PRACTICED YOUR POSES. BUT WHAT ABOUT YOUR BEAUTY PROGRAMME? NEVER FEAR, WE'VE GOT YOUR THREE-MONTH BEAUTY COUNTDOWN RIGHT HERE.

WORDS BY AMANDA FISHER

So you've decided to compete, congratulations! Doing a bodybuilding competition is an excellent way to challenge and push yourself to see what you are truly capable of. But there is more to getting ready for a body building competition than just diet and exercise.

To truly shine up on stage, you need to look and feel as confident and glamorous as possible. There is a lot of work outside the gym that you will need to do in order to get yourself ready for the big day, so let's get started.

TIME LEFT: 12 WEEKS PLUS

The focus: You may not need three months to get into competition-ready shape, however if you don't have an advanced level of fitness already, you should definitely allow more time. You don't want to risk metabolic damage, or not being in good enough condition all because you are too eager to compete.

The admin: Pick your federation and pay the registration fees. Each federation has its pros and cons, so you should pick the one (or ones) that sound most appealing. Then choose your division. Each division

has a different look, so you should make sure you check out the rules for that specific division. If you haven't competed before, it is a good idea to look into some coaching from someone who regularly competes, or has successful athletes in the federation and divisions you are aiming for. Go for a coach you really gel with, as you are going to be on a rollercoaster ride up until that moment you step on stage. You'll need someone who will support you, but who isn't afraid to crack the whip if need be.

The beauty spot: Start thinking about booking in your tan now, there are very few places which actually

do really good competition tans and they book out quickly! My personal fave is Bellabronze, and they do an all-inclusive hair, make up and tan package, which is awesome!

Don't miss the chance to: Book a photo shoot around the time you compete so that you can capture some images of you at your physical peak. There are lots of great photographers out there who specialise in fitness shoots or competition packages, such as ABC Creative, Marc Thyssen and Dallas Olsen.



PHOTO CREDIT SHUTTERSTOCK.COM



TIME LEFT: 10 TO 8 WEEKS

The focus: Finalise your competition bikini. If you are having it custom-made, allow a little bit longer. Check the rules for your federation and division as each have different regulations as to what is allowed. Generally g-strings are not allowed, and some federations even disallow any bikini that is covered in too much bling!

If you are doing fitness model division, remember that not all federations supply your sportswear, so find out if you need to buy your own. You may also need theme wear and evening wear in certain divisions.

Strike a pose: Begin practicing early. Posing is a major part of the competition, giving you the opportunity to show off the best aspects of your body (as well as hide your flaws!). You need to feel and look confident in your poses, so don't leave it to the last minute. If you can't afford a coach to help you with your whole prep, invest in some lessons, or attending a posing seminar.

TIME: ONE WEEK BEFORE COMPETITION

The focus: This week might be a little bit difficult for some of you, as nerves combined with eating a calorific deficit might start to take a toll on you. Make sure you allow yourself plenty of rest this week to recharge and help you look your best come the end of the week.

The beauty spot: At least one week before show day have any waxing or threading done, get your nails done and have a facial to help your skin glow on competition day. If you don't regularly exfoliate, make sure that you do in the lead up to having your competition tan done. I even use a dry brush to make sure my skin is glowing and polished on competition day.

What to buy: A nice robe to wear on comp day is ideal, as tight clothes will mark your tan. Plus it'll help you avoid taking clothes off over your head and potentially wreck your make up or hair.

TIME: ONE TO TWO DAYS BEFORE COMPETITION

The beauty spot: Either one or two days out from your competition you should go get your base tan. This is essential (especially if you have pale skin) so that you can have a deep golden glow on show day.

Get packing: You may want to try on your suit a final time and pack your bag ready for the big day. I like to include my bikini, a back up bikini, cooking oil, fake tan (for touch ups), lip-glosses, foundation, hair ties, bobby pins and a mini sewing kit. You will also need to pack resistance bands or small hand weights to pump up with backstage.

Also, be sure to pack your snacks to keep you going until show time. Simple, carbohydrates are good to deliver short bursts of energy. And the big one, make sure you pack your post show treat! Some federations put on a huge spread backstage for the competitors after they compete, others don't. Take a selection of some of the foods you have been craving, or that you have missed during your prep. Remember, it isn't a good idea to go overboard because you may feel sick and bloated.

TIME: TODAY'S THE DAY!

Calm the nerves: You'll be buzzing all day today. I don't know of anyone who is totally calm on show day. It is exciting, fun and a little scary all rolled into one.

Be prepared: Make sure you give yourself plenty of time to get everything done, as the day is going to fly by.

The beauty spot: Get your final coat of tan and your hair and make up done.

Last-minute reminders: Put your bikini on, touch up your tan and make-up, and oil up. Before you step on stage be sure to pump up.

STRUT YOUR STUFF!

It all comes down to that one moment on stage. It will go so quickly, your heart will race and you will feel full of adrenalin. Try to slow down and enjoy the moment. You have earned this time on stage, all your early mornings, late nights, blood, sweat and sacrifice have gone into this moment, be sure to take full advantage of the time you have up there.

Your posing should be second nature to you now, so relax, enjoy the moment and don't forget to smile.

We tried, we liked!

A smooth fake tan needs a smooth surface for application. Try Ecotan's brand new Pink Himalayan Salt and Lemongrass Scrub. It provides intensive exfoliation, while infusing your skin with moisture, for a smooth, supple finish. It's also ideal to use when detoxifying the skin, and if you're dealing with stretch marks, dry flaky skin, cellulite and pigmentation. Visit: www.ecotan.com.au



Competitors all over the world are discovering Muscle Tan by Black Magic. You set the colour by simply applying the required amount of product either with your own spray tan machine or order a take home competition pack and have your local spray tanner do all the work. Muscle Tan is made using all natural ingredients and dries instantly. Order online at www.muscletan.com or check the website for stockists.

Ever wondered how some people look fresh-faced and wide-eyed, even after little sleep? Wonder no more! Wonderstripes are the new, needle-free alternative from Europe, these little wonders will make you wonder how you ever did without.

Visit www.wonderstripes.com.au.



Will you be the winner of the 2015 Oxygen Cover Girl Competition? IT'S THAT TIME AGAIN OXYGIRLS!



There's only one Oxygen magazine, and there will be only one winner of the 2015 Oxygen Cover Girl competition... will it be you?
As we enter our seventh year of the Oxygen Cover Girl Competition, this year's contest will prove to be our biggest and best yet! With some of the biggest names in Australian fitness on board, the ultimate prize is once again on offer:

**The title of Oxygen Magazine Cover Girl for 2015 and the
coveted front cover of our October issue.
All we need is your entry!**

WE HAVE SOME
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WHAT WE ARE LOOKING FOR

We are searching for the woman who personifies what it means to be an Oxygen Cover Girl - a fresh, fit and natural look, with a positive, dedicated and genuine attitude to match! Continuing in the tradition of all of our inspirational cover girls, we're looking for the complete package of body, mind and spirit – age is not a barrier and you don't require previous modelling experience to enter!

WHAT IS ON OFFER

The winner will appear on the cover of the October 2015 issue of Oxygen and earn the right to the Oxygen Magazine Cover Girl title for 2015. As part of the huge prize, all finalists will enjoy a trip to Oxygen Australia HQ on the Gold Coast for a photo shoot with Oxygen's chief photographer Dallas Olsen, valued at more than \$2,000!

Remember – it's not just the overall winner who is presented with fantastic

opportunities. Many of our previous entrants have been rewarded with a cover or an ambassador role as a result, so be sure to enter as we want to get to know you!

So if it's your dream to be on the cover of Oxygen, then now is the time to commit to yourself, to your training, and to enter!

HOW TO ENTER

COMPETITION OPENS 1st May 2015, visit www.covermodelsearch.com.au for details.

IMAGE GUIDELINES AND HINTS

- The image needs to be a single image and not a collage.
- It needs to be clear, recent and must include:
 - a) Your face and your body (below knees not necessary).
 - b) Be in fitness gear not lingerie.
 - c) Be a tasteful shot (please no overly sexual images as your entry may be disqualified).
- The image must be completely untouched (original image) and entries containing any Photoshop or filters will not be considered
- Check out past Oxygen covers to get tips on the best poses
- The image must be clear and well lit
- Get some bright new workout gear, get a nice dark tan, have your nails done. This is your chance so make sure you look and feel your best!
- Most importantly, have fun with your entry! We want you to enjoy the experience, not stress about it.

This competition is open to all readers and we look forward to helping out if you have any questions or would like additional direction.

Feel free to contact us at admin@oxygenmag.com.au | Entries close 1st September 2015.



Entries close 1st September 2015.

For a full list of prizes and competition terms and conditions, please see www.covermodelsearch.com.au

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FAT-LOSS SPECIAL

**INSIDE! EVERYTHING
YOU NEED TO KNOW,
WANTED TO TRY, AND
SHOULD DO FOR A
FIRM AND FAB BODY**

PHOTO CREDIT: SHUTTERSTOCK.COM



WORDS BY JERRY KINDELA



Notes to lose fat by

Does it seem like you're surrounded by situations that constantly elevate your stress? Living with chronic stress – who doesn't today? – can lead to overload of the stress hormone cortisol. Consistently elevated levels of this so-called “fight or flight” hormone can result in cognitive impairment, imbalanced blood sugar, loss of muscle tissue and increased visceral fat, decreased function of the thyroid and difficult shedding fat. But, based on a study conducted in Germany, a little choral music can go a long way toward reducing cortisol levels quickly, improving your health and making it easier to shed pounds.

Turns out that listening to relaxing music (for the study it was the Miserere, choral music by Gregorio Allegri) helped study participants, a group composed of 65 women, return to normal cortisol levels more rapidly following a stressful event compared to women who merely relaxed.

Take home point: to improve your chances for losing fat effectively (and pleasantly) by reducing stress, consider adding 10 to 15 minutes of listening to relaxing music daily.

Stressed spelled backward is desserts. Coincidence? I think not.

AMY REES ANDERSON, BLOGGER AND FOUNDER OF REES CAPITAL

243
(calories)

NUMBER OF CALORIES IN A BASIC BROWNIE. TO BURN OFF THE CALORIES, ACCORDING TO HARVARD MEDICAL SCHOOL, A 56.6KG WOMAN WILL HAVE TO DO ANY OF THE FOLLOWING FOR ONE HOUR OVER AND ABOVE HER DAILY ACTIVITY LEVEL: STRETCHING, HATHA YOGA, WATER AEROBICS, TAI CHI, VOLLEYBALL, BASIC GYMNASTICS, WALK 3.5 MILES, WASH A CAR.

REDUCE CRAVINGS

As we pointed out not too long ago, recent research has indicated that having a protein-rich breakfast can reduce the amount of lunch you'll eat, thus leading to reduced caloric intake and improved weight loss over time. Now a University of Missouri study adds even more important evidence for improved weight loss thanks to a solid breakfast. Study authors found that a protein-loaded breakfast can impact the release of the brain chemical dopamine, which can help reduce food cravings, particularly for sweet foods and high-fat and savoury foods. According to Heather Leidy, assistant professor of nutrition and exercise physiology at the university, skipping breakfast allows your cravings to climb throughout the day. And that, clearly, can make your weight-loss plans suffer.

Curb your cravings with a protein-rich breakfast.



Ready, set, go!

IMAGES BY DALLAS OLSEN

SMALL CHANGES CAN MAKE A BIG DIFFERENCE WHEN IT COMES TO ACHIEVING SOME IMPRESSIVE ABS. REV UP YOUR WORKOUT WITH THESE FOUR AB-TASTIC MOVES.



If you've been holding your breath, waiting for a magic pill to save you from an out-of-control muffin top, then we've got a needed dose of reality for you: the six-packs that you admire on the fitness stage and in *Oxygen's* pages are the result of an overall clean and active lifestyle, not a mythical panacea.

To help you in your flat-abs quest, we're giving you some of the best go-to exercises out there: the crunch, the obliques crunch, the plank and the V-up. Small changes to standard exercises can help stoke your motivation by keeping your routine

interesting, all while activating areas of your core you might not hit with traditional moves. Coupled with a diet of clean, whole foods and a structured strength and cardio plan, this routine will help you forge a bikini-worthy middle with three months - plenty of time for the impending Aussie summer. (Keep in mind that the benefits of solid abs extend further than your middle: compound motions like squats rely on supportive abs for optimal power transfer, meaning that you may be able to lift more thanks to your tight tummy.)

YOUR WORKOUT PLAN

Do this routine up to four times per week, going from one move to the next without rest. This plan is suitable for all levels, so don't be afraid to aim for the upper limits of the rep ranges provided.

Exercise	Reps
Step-in plank	10-12
V-sit with bicycle	8-10
One-sided toe-touch crunch	15-20 (each side)
Crossover crunch	15 (each side)

After your last exercise, rest for 60 seconds and repeat twice from the top. Got more in you? Add a fourth set!

Many women find it especially difficult to target the lower abdominals, and there is an important psychological reason for that. The female form is designed to adapt to the changes that come with pregnancy and childbirth, and in order to accommodate a growing fetus, the uterus must be able to expand and push outward against the lower abs - ergo, this area isn't as strong as the upper portion. The same thing goes for "that time of the month:" as you retain water, your

lower abs must stretch to make room for all that extra H₂O.

But you can strengthen your body's natural weak points. Research has shown that the captain's chair raise (straight or bent-legged) and the reverse crunch are both perfect at eliciting muscular activity in this tough-to-tighten region, so including these exercises as part of your overall abs program at least twice per week will go a long way to flattening this trouble zone.



Step-in plank

Target muscles: transverse abdominis, rectus abdominis

Set up: Get into a push-up position on the ground with your hands just wider than your shoulders [A]

Action: Without allowing your butt to drop, slowly step your left foot [B], then your right foot forward, aiming to end with your knees in front of your hips. Reverse and repeat, alternating your leading foot with each repetition.



A



B

V-sit with bicycle

Target muscles: rectus abdominis, transverse abdominis, internal and external obliques

Set up: Sit on a mat with your legs extended in front of you. Reach your arms forward, keeping them parallel to the ground, and lift your legs until they are 45 degrees to the floor [A].

Action: Alternate bringing each knee towards your chest while maintaining a flat back [B]. (one "knee-in" with each leg counts as a single rep.) Continue for the rest of your set.

» Crossover crunch

Target muscles: rectus abdominis, internal and external obliques

Set up: Lie on your back with both feet flat on the floor. Cross your left ankle over your right thigh, extend your left arm at your side and place the fingertips of your right hand behind your head [A]

Action: Lift your right shoulder from the floor and twist to direct your right elbow towards your left knee [B]. Return to the start. Finish your set, then switch sides and repeat.



A



B

» One-sided toe-touch crunch

Target muscles: rectus abdominis, internal and external obliques

Set up: Lie face up on an exercise mat with both legs extended. Raise both arms overhead so your upper arms are beside your ears [A].

Action: Lift your right leg until your toes point to the ceiling. At the same time contract your abs to raise your shoulders from the mat and reach both arms towards your leg [B]. Return to the start and repeat. When your set is through, repeat with your left leg.



A



B

ABOUT BELINDA CARUSI

Belinda Carusi, 24, is a self-confessed workaholic and fitness addict. She is a qualified personal trainer, fitness model and holistic lifestyle coach for women. She specialises in helping women become lean, mean, girlie machines. Belinda believes that to be happy, it's imperative to make fitness, good nutrition and positive mindset a part of your lifestyle. Her company, Belinda Carusi Fitness Hub (www.belindasfitnesshub.com.au) is a training facility just for women, which aims to take women out of their comfort zones and into their best bodies. They run bootcamps, small group weights sessions and personal training. They even have a beauty therapist and sports therapist.

IT'S TIME TO TRANSFORM

PART V: CONQUERING CARDIO: THE TRUTH ABOUT THE FAT-BURNING ZONE AND WHAT WORKS BEST

BY LINDY OLSEN | PHOTOGRAPHY BY DALLAS OLSEN



OXYGEN'S EDITOR-IN-CHIEF LINDY OLSEN SHARES HER CARDIO WORKOUT ADVICE ON WHEN TO WORK OUT, WHAT MOVES ARE BEST AND WHY CARBS ARE GOOD. IN PART FIVE OF HER POST-BABY TRANSFORMATION DIARY, SHE EXPLAINS HOW TO MAKE CARDIO WORK FOR YOU



We've all seen them; the people who are in the gym day in day out, month after month, making little progress in their fight against body fat. Fat burning can be a complex issue for many people. Initially body fat seems easy to shed if you increase your aerobic activity a little more than normal. However, what do you do when you've made some progress, but can't get to the next level? We've all witnessed incredibly skinny people spending two hours doing cardio, yet they have no shape or tone.

Most people ask me, "when is the BEST time to do cardio?" Basically, there is no ideal time to engage in aerobic or cardiovascular training. However, the ideal program is one

that you will enjoy doing, as you'll be much less likely to avoid it when there's something more interesting to do.

Many fitness professionals (including me) suggest doing cardio first thing in the morning before your first meal. The advantage of performing cardiovascular exercise in the morning is that it helps burn off fat stored overnight and helps kickstart your metabolism for the rest of the day. Cardio uses body fat as fuel and the amount of carbohydrate in the bloodstream influences your body's ability to maximise fat burning. If there are a lot of carbs in your bloodstream from a recent meal, then fat burning decreases. If there are minimal carbs in your blood, fat burning

skyrockets. That's what makes cardio in the morning on an empty stomach so effective. Having no carbs in the blood, especially after an overnight fast, elevates your ability to melt away body fat. Alternatively, working out later in the day burns off the calories you've consumed in your meals, and can be used as a form of stress release for many people.

Remember: fats can only burn in a carbohydrate flame. If you have no carbs in your system at all (they are stored in your muscles as glycogen), as opposed to just having them in your bloodstream, then you will be burning protein and breaking down muscles – which is not good!

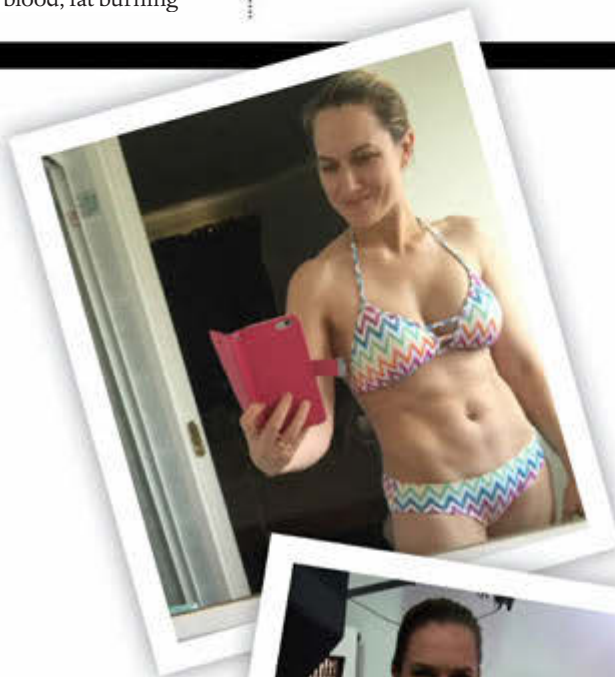
WHAT GETS THE BEST RESULTS?

Your results are usually a direct reflection of two things - consistency and commitment. Nothing less will ever get you any real results. For many people, cardiovascular training on a treadmill is much more enjoyable when watching a TV program or movie. If time goes by quickly, your workout is over before you even realise you've raised a sweat! Just make sure your cardio workout keeps you at your target heart rate for at least 20 minutes, three times per week, for general health. If your goal is to lose body fat, try to work out aerobically for at least 30-45 minutes, four times a week.

New research shows that fat burning can be enhanced even further if you take amino acids before your cardio workout. The general

recommendation is to go with 3-6g of an amino acid product which contains: alanine, arginine, cysteine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, serine, threonine, tryptophan, tyrosine and valine. The best two I've found are Musashi's 'Disperse' (a liver tonic and fat burner) and L-Carnitine. I ingest these pure aminos before every workout - rain, hail, or shine! L-Carnitine helps to convert your body's fat reserves into energy for use during your workout. Take these 20 minutes before you start exercise and you're set to go!! (Disclaimer - I am sponsored by Musashi)

Another option is to go with 10-20g of pure whey protein isolate or hydrolysate. Just be sure the product contains no additional carbs or fat.



HOW DO YOU WORK OUT YOUR TARGET HEART RATE?

To figure out which zone you need to work at to burn the most fat (rather than your precious muscle tissue), you first need to find your target heart rate. There are several ways of doing this. One of the best methods I use is the Karvonen formula. You can use any number of target heart rate calculators to get your heart rate zone, but many of them do not take into consideration your resting heart rate (which makes the calculation more accurate).

Follow the example below for a 33-year-old individual with a resting heart rate of 65 beats per minute (to work out your resting heart rate, take your pulse for one full minute).

$220 - 33 \text{ (age)} = 187$

$187 - 65 \text{ (resting heart rate or RHR)} = 122 \text{ (your heart rate 'reserve', or what you have to work with)}$

$122 \times 65\% \text{ (low end of heart rate OR } 85\% \text{ (high end))} = 79.3 \text{ OR } 103.7$

$79.3 \text{ (low end)} + 65 \text{ (RHR)} = 144.3$

$103.7 \text{ (high end)} + 65 \text{ (RHR)} = 168.7$

Therefore, the 65-85 per cent target heart rate zone for our person above would be 144 to 168 beats per minute (bpm).

For this person to make sure they were in the ideal 'fat-burning' zone, they would need to try to sit around 144bpm or lower. However, if our case study wanted to work in the 'cardio' zone, she would have to stay around 144bpm or higher.

Don't get me wrong, you are still burning fat while working out at a 'cardio' heart rate, but in different percentages. This is a huge misconception in the fitness industry. Now listen up and you'll get the correct information, right from the horse's mouth!

“Cardio uses body fat as fuel.”

How it all adds up

Low-intensity exercise burns a higher PERCENTAGE of fat calories than high-intensity exercise – but high-intensity exercise burns MORE fat calories and MORE total calories done over the same time period.

Let me explain. Let's say you walk for one hour and burn approximately 250 TOTAL calories. At this level of exertion you are burning around 70% of your calories in fat. Now, 70% of 250 = 175. So in theory, you have burned 175 FAT calories.

On the other hand, running or jogging burns around 40% of calories from fat. In a one-hour session you'll have probably burned over 500 TOTAL calories – twice the number from walking. If 40% of them come from fat, that's 200 FAT calories (compared to 175 FAT calories from

walking) but remember the whole idea is to burn FAT not anything else right!?

You may ask yourself... "Where is the other 60% of calories coming from? How much more effort do I have to put in to run for 60 minutes, as opposed to walking for 60 minutes, to see only a little increase in the number of fat calories burned? I know what I'd rather do!" Walking wins in my book EVERY TIME!

Don't be fooled though – you're much better off burning 500 calories in TOTAL every time.

My best advice to kickstart your metabolism and see some great results quickly is to do a

combination of high intensity training (HIT) combined with low-intensity sessions to make workouts more enjoyable and varied. I train this way in the early stages of competition preparation and when my body fat gets lower and lower I don't do any HIT cardio work at all, as my main goal is to preserve as much lean muscle as possible. And as we all know, more lean muscle equals more fat burning 24/7, even when sleeping! My training is always planned strategically toward the result I want to achieve, and I apply the same techniques to my clients with excellent results.

Always remember that variety is the spice to life and if it's boring – change it!





My weekly cardio schedule

Every morning: 30-45 min walk 3-5 days a week

Mix it up with some beach walking, spin bike (20mins HIIT) 30 sec sprint, 1 min rest until the 20mins is up and increase by 5 seconds each time on the sprint. It gets super hard towards the end.

Round 1

30 sec sprint
1 min rest

Round 2

35 sec sprint
1 min rest

Round 3

40 sec sprint
1 min rest

Round 4

45 sec sprint
1 min rest

Round 5

50 sec sprint
1 min rest

Round 6

1 min sprint
1 min rest

Then repeat in reverse.

Round 7

1 min sprint
1 min rest

Round 8

50 sec sprint
1 min rest

Round 9

45 sec sprint
1 min rest

20 You get the idea!
Continue until
you get to 20
minutes.



Now you can view
Lindy's workout
wherever you are.
Scan the QR code for your
exclusive sneak-peek.



“Your results are usually a
direct reflection of two things -
consistency and commitment.”



I'm a completely different person now *inside and out!*

JESSICA CANT, 28, SHARES HER SECRETS TO FITNESS SUCCESS, WHAT MOTIVATES HER AND HOW SHE TURNED HER LIFE AROUND.

FAST FACTS

Name: Jessica Cant

Age: 28

City: Wodonga, VIC

Day job: Recruitment and HR Consultant

Height: 170cm

Weight:

Pre-transformation: 65kg

After: 58kg

"I HAVE ALWAYS BEEN ACTIVE, PLAYING FIELD HOCKEY FROM THE AGE OF FOUR AND LONG DISTANCE RUNNING BUT AS I GOT OLDER I FOUND MORE AND MORE EXCUSES TO DO LESS AND LESS EXERCISE."

I also had a demanding job managing a cinema centre at the time where my hours varied 7 days a week 9am-12am. I found myself regularly eating the food at the café because I hadn't taken lunch or dinner to work with me. Although I was still running, I was untuned, had no muscle definition and because I wasn't eating right I was always tired and felt sluggish.

HOW DIFFERENT DO YOU FEEL NOW COMPARED TO THEN?

I am a completely different person, inside and out. I am so much more positive in my outlook on life, I don't let things get me down anymore and I worry a lot less. I now have the energy to get through my day.

WHAT MOTIVATED YOU TO START TRAINING?

I moved to Melbourne and started a desk job, and I found myself not fitting into my work clothes like I used to and thought I have to do something now before this gets out of hand, I needed to stop making excuses and putting everyone else first and spend sometime on me and my health.

DO YOU REMEMBER YOUR FIRST TRAINING SESSION?

My first training session was with my current trainer and coach Aaron Curtis and boy was that an eye opener for me! I thought that I was still active, but little did I realise how unfit I had gotten and how poor my technique was.

WHAT'S YOUR TRAINING LIKE NOW?

It's more specific on body parts rather than full body training, and I have also worked my way up to lifting quite heavy weights.

WHAT HAS BEEN THE MOST REWARDING ASPECT OF TRAINING?

When I was doing my competition preparation, setting a goal with a set

timeline, pushing my body to its absolute limits, testing my willpower like I have never done before and the results were just so rewarding. Never in my wildest dreams did I think I could get my body in this shape.

WHAT HAS CONTINUED TO MOTIVATE YOU THROUGHOUT YOUR TRAINING?

The support I have received from everyone. I am contacted regularly by people I haven't spoken to in a while who have watch my progress on Facebook and Instagram and tell me I have inspired them to get their health back on track.

WHAT OBSTACLES HAVE YOU OVERCOME?



Before



Definitely my food habits! Prior to training I ate whatever I wanted, whenever I wanted. I would skip breakfast, finally eat lunch and then not eat again until dinner. I also have a very sweet tooth. I had to change my eating habits completely. I now have six meals a day, my meals are completely focused around my training, and I now think of food as a way to fuel my body for training and recovery rather than just eating for the sake of it.

WHAT IS THE NUMBER ONE LESSON YOU HAVE LEARNED ABOUT HEALTH AND FITNESS?

Do not listen to fads and remember that there is no quick fix. If you are looking to improve your health and overall fitness for the long term then it requires hard work, sweat and tears (and yes, possibly blood) but trust me, it will be worth every second!

What do you wish you had known when you were 16?

I wish I had known that it doesn't matter what people think of me, and that comparing myself to others is a waste of time.

DESCRIBE HOW TRAINING MAKES YOU FEEL.

Training makes me feel strong, empowered and in control. It pushes me to my limits, and makes me realise I can do things I never thought I could do. There is no better feeling than finally being able to beat a PB. It makes you feel invincible and quite often I can't wipe a smile off my face!

DO YOU HAVE A QUOTE THAT YOU LIVE BY?

"Remember how far you have come, not just how far you

have to go. You are not where you want to be, but neither are you where you used to be." No matter how I am feeling, whether I am struggling to find motivation or feeling amazing, it reminds me why I started this journey.

WHAT WAS YOUR REASON FOR TAKING HEALTH AND FITNESS TO THE LEVEL YOU HAVE?

When I first started training it was just to lose a few kilograms. As time went on and I was taking progress pictures, I realised how much my body was changing and how much body composition was changing. I was becoming toned, which created a whole new level of motivation. I went from wanting to lose a few kilograms to wanting to build more muscle. It's important to me now because I love the feeling of setting a challenge and I love seeing the improvements I am making.

WHAT IS THE MOST IMPORTANT THING WOMEN NEED TO REMEMBER WHEN TRAINING?

Don't try to go too heavy too early. This is one mistake I have made a couple of times, I get a bit excited and try lift far too heavy when I'm not ready or if I haven't warmed up enough, this was the reason for my shoulder injury last year.

DO YOU ENJOY TRAINING ALONE OR WITH A PARTNER?

I train 70 per cent alone, I enjoy putting my earphones in with my music on loud but then when I do train with someone they can push me even further than if I was training by yourself.

CONTEST HISTORY

In my first season of bodybuilding/fitness model competing, I competed in the INBA Victorian Championships where I placed 2nd for Novice Fitness Model. I then competed at the ANB Victorian Championships and placed 2nd in the Open Under 30's and also won the Most Photogenic Award. When I first set my goal of competing it was just to see how far I could push myself, so to then place in my first comps was a bonus.

Diet

Breakfast: 100g Cottage cheese, 200g Chobani yoghurt, 100g mixed berries, 1 banana, 60g rolled oats and cinnamon.

11am: 3 boiled eggs and 15 almonds

1.30pm: 100g chicken and mixed salad with 25 almonds

4pm: (pre-workout meal): 100g chicken, 100g raw weight brown rice and mixed salad

After training:

protein shake

7pm: (Post-workout meal): 100g chicken, 120g raw weight brown rice and mixed salad



Workout week

Monday: Back and biceps

Tuesday: Chest and shoulders

Wednesday: Legs

Thursday: Rest

Friday: Back and biceps

Saturday:

Shoulders and triceps

Sunday: Legs and glutes



After



“HAVING CHILDREN HELPED MY FITNESS”



ZELLE MAREE HAS TWO CHILDREN AND YET STILL FINDS TIME TO WORK OUT AND COMPETE. SHE SHARES HER SECRETS ON STAYING MOTIVATED, FITTING IT ALL IN AND FINDING CONFIDENCE.

During the past five years, I have undergone two post-baby transformations, both of which have presented amazing challenges that have tested my mind and willpower.

Being blessed with two beautiful children is an amazing gift, and both pregnancies have taught me just how much determination and passion I have gained in the fitness industry.

With my daughter, Scarlet, I put on 23kg throughout the pregnancy and lost 28kg over a 14 month period post-pregnancy. During that time, I developed a love for the gym and lifting weights.

My interest blossomed in competing and I stepped on stage for the first time in 2011.

At my novice competition, I placed 2nd in Ms Figure Novice and 3rd in Figure International. I qualified for Natural Olympia where I placed 4th in Ms Figure Novice. I competed in two more competitions in 2012 and 2013 where I gained a further 3rd and 4th place in Intermediate and Opens divisions.

I am currently nine months post pregnancy from my second child, Sebastien. I put on 13kg during my second pregnancy and have since lost 18kg. I aspire to step back on stage again in the near future as I work on not only rebuilding my strength and muscle mass, but continue to grow in mind and confidence.



FACTS

Name:
Ashley Warden

Hometown:
Branson, MO, USA

Age: 20

Occupation:
Line cook in a
seafood restaurant

Height: 161cm

Heaviest weight:
80.7 kg

Favourite exercise:
Squats

**Favourite
clean meal:**
Grilled chicken and
vegetable tacos

CURRENT WEIGHT
60.3KGS

Two years to a new life!

ASHLEY WARDEN TOOK UP WEIGHTS, LOST 20KG AND DISCOVERED A PASSION FOR INSPIRING OTHERS TO GET TO THE GYM.

BY MIKE CARLSON

➔ It was a few days before high school graduation and Ashley Warden was crying. While her classmates were getting ready to kick off the best summer of their young lives, Warden had zipped up her graduation dress, looked in the mirror and burst into tears. "I didn't even realize how heavy I was until the day I tried on that dress," Warden says. "I was like, 'Wow, I have to do something.'"

Warden's mother signed her up for Weight Watchers the next day, and the teen began taking daily walks through her neighbourhood. She dropped 13kg over the next three months, and her success started to blossom into an ever-growing sense of curiosity about fitness and confidence in her own body. She began following female fitness competitors on Instagram, and they all had the same advice for beginners like Warden: *Go right to the weights.* So that's what she did.

"When I first started I was a little intimidated by all the men in the free-weight area," she says, adding she turned to *Oxygen* for inspiring workouts. "Now I'm not scared to try new workouts."

After graduation, Warden enrolled in culinary school. What began as an interest in eating soon turned into a love for the science of nutrition. As she

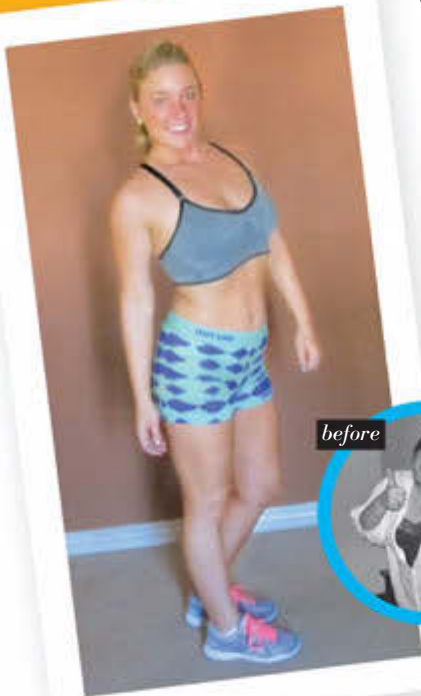
learned more about macronutrients, it quickly became clear that she had been eating the wrong kinds of carbs, too much fat and far too little protein. She began eating six small meals a day and following a flexible eating plan that focused on clean foods but would allow her reasonable amounts of whatever food she wanted.

Instagram has remained a potent source of inspiration and information for Warden. It was while perusing the images of physique athletes that an idea sprang into her head. "I want to do that," she thought. She is now preparing for her first physique contest this fall.

Along the road of her weight-loss journey, Warden realised something else about herself: She loves to help people. Friends started seeking her advice in their own efforts to lose weight, and Warden has felt a calling to help them. "I helped one of my co-workers lose 13kg," she says. "It is really rewarding when someone comes into work and says, 'I lost another kilo!'" And her parents, both of whom have suffered heart attacks, along with Type-2 diabetes for her mum, now go to the gym daily.

After her physique contest, Warden plans on going back to school to attain a personal trainer and nutrition certification. The future is wide open for Warden, who feels that two years ago she could have never predicted that she'd be preparing to walk onto a stage wearing a bikini.

"When I graduated high school I told my mum, 'I feel like a sausage.' When I graduated college she reminded me I said that," Warden says. "It made me realise that in just two years you can change your whole life." ●



“... in just two years you
can change your whole life.”

“I saw a photo of myself and I was shocked at my size”

DANIELLE ATKINS, 28, LIVES IN SYDNEY. IN 2008 SHE PILED ON THE WEIGHT DURING HER UNIVERSITY STUDIES. AFTER SEEING A PHOTO OF HERSELF AND FINALLY ACKNOWLEDGING WHAT THE SCALES REVEALED, SHE WAS SHOCKED INTO ACTION AND HAS GONE ON TO LOSE 16 KILOS (FROM 75KG TO 59KG).





I WEIGHED MY HEAVIEST DURING MY FINAL YEARS OF UNIVERSITY; I WAS EATING A LOT OF FOOD IN SECRET, USUALLY IN MY CAR.

I was extremely stressed at the time because of my Dad's near-fatal organ failure. I didn't feel confident in how I looked, and I ignored the importance of my own health and wellbeing. Looking back, I believe I was 'eating my feelings' and insecurities. I also ate out regularly and indulged in whatever I wanted.

One day I saw myself in a photo and it was like seeing myself properly for the first time. My family, and even my GP had hinted at my slow weight gain, but it hadn't really sunk in how much weight I'd put on. It was at this moment, I had finally decided I wanted to feel good and not

feel the jiggle of my own weight when I walked.

I didn't know where to start. I'm lucky that I had a mum who went to the gym several times each week, and so I began doing the same. And since those days, I've been hooked. Over the years a couple of sessions per week changed to training daily (and of course having a rest day!). My mindset, my body, my confidence and my life has transformed. I knew I was different when I noticed that when planning holidays, I booked hotels based on their gyms or proximity to one. My priorities had definitely shifted!

I met my current boyfriend Alex (of five years) at the gym and we train together almost every day. For the past seven years, I've worked full-time as a psychologist at a local Sydney hospital, but training is an

essential part of my daily schedule. My area of expertise is perinatal mental health however I also have an interest in the psychology of emotional eating. I work with women who use food to comfort themselves (just as I did!) and have similarly observed mothers who soothe their newborn babies with milk when it's another need that may need attending to. I've often wondered if this is the beginning of our association with food being used to regulate our emotions. Therapy and sometimes medication are used for treatment, however I also value exercise and diet as I feel they have a large effect on mood and mental wellbeing.

I've made friends for life through my training. It's opened my eyes to the world of fitness, and for the past couple of years

I've often gone to watch competitions and visited Expos (I recently attended the Arnold Classic Australia, in Melbourne). I appreciate the dedication and passion within the industry, and I love the energy when I'm immersed in it. *Oxygen* finds its way onto my coffee table each month and I'm often tagging recipes and training tips I want to try!

My current training includes my own weights sessions, some outdoor group fitness as well as one PT session per week. My curiosity has grown over the past year and I'm currently preparing for my first amateur bikini competition in May. For a long time I thought cardio and aerobics classes were the keys to the physique I wanted, however I transitioned to weight training and HIIT cardio about 18 months ago and

know that this is the answer for me. I am committed to being consistent and want to continue to build shape and definition. I eat out regularly, but now make healthy choices and I plan on attending a wedding the night before my first competition – some say I'm being silly but I believe life is about balance and not losing sight of what matters most – family, friends and experiences.

With my new found confidence and drive for life, I've also just launched my own line of bikini swimwear - Kulani Kinis – which is a dream come true for me. I've created a line that's been sold across the world to active girls who want to look and feel good. I want to inspire other women to chase their dreams. For me, life is meant to be lived and I finally feel like I am living it. I set goals and smash them!

I felt like a failure

KELLY GOVIND OVERCAME HEARTACHE, SELF-DOUBT AND INSECURITY TO REACH HER GOALS.

“SOME PEOPLE SAY THEY DO NOT KNOW HOW THEY GOT LIKE THIS; SOME PEOPLE SAY IT JUST GOT OUT OF CONTROL; SOME PEOPLE JUST DIDN'T CARE ENOUGH; SOME PEOPLE WERE ARE JUST IN DENIAL.

Me? I knew I was overweight. As a child I'd been taught the importance of exercise and eating healthy: I played hockey and competed in swimming at representative stage, soccer, been a part of nippers growing up... so what excuse did I have for letting myself go?

With tears streaming down my face, I walked out of the clinic with my husband holding my hand tightly. In the elevator we looked at each other and just broke down, holding tight. It was our fifth IVF cycle, and I was still not pregnant. We both knew we could no longer try. I was now

30kg overweight and miserable. It was all we could think about, it was consuming us. From that moment on, I buried myself in work. I felt that I couldn't provide my husband with the greatest gift of all - a baby - and that I had failed.

I would walk past gyms, pools, or the beach, and see fitness groups. I thought that there was no way I'd enter a gym looking the way I did.

I made empty promises to myself, and constantly let myself, my husband, and my family down. I could see how disappointed they were in me. Often I would feel so alone and just eat; then I'd feel so disgusted in myself. It was a vicious cycle.

I don't know why, but I heard about a gym opening near my work, I decided to join up. I was scared, nervous, and wanted

to run away. But this time, I thought that everybody would judge me for another failed attempt, so I stayed.

I had to accept my fate. I may not be able to have children, but I couldn't keep living the way I did. It would make my husband and I so happy to have children, but it's nothing I can control. Who knows how life will pan out.

At my heaviest I was around 40kg overweight. I thought the world was against me. I would go to bed tired, I would wake up tired. I could see that people pitied me, but they had no idea how to approach me. I realised that the only person who could change was me and that it was time to stop the excuses and self-doubt. I could see people would look at me with pity and yet had no idea what to say to me for the fear of what I would say back. I was losing me and what I knew I wanted to stand for. There was





AFTER



only person that could change it and that was me, I had to get my self-control back, stop the excuses and self doubt, and start to believe in myself.

Three years on, I am no longer the same person. I have a fire in my belly that has been lit and it's not going out anytime soon!

I still feel the old Kelly creeping up every now and again, with self doubt and confidence issues. I still battle with these feelings, but I'm learning to turn these into positives. I now use those nerves or self doubt as motivation to keep improving, to prove to myself that I can do it and that I am worth it.

I have done things I would never have thought of doing, I have now competed in 4 power lifting competitions, even placed in some. Train 6 times a week and sometime even twice a day, I joined a Muay Thai boxing gym, the best and scariest decision I ever did. I can't even describe the butterflies that goes through me

now when I turn up to a gym or even a comp, it's another chance for me to do something I couldn't do the week before. I

have never felt so motivated to do things, my goals are always changing and that's because every day I wake up knowing I

can only control today and I have no control over what happened yesterday or what will happen tomorrow and when my head hits the pillow at night I know it was a great day and I am one step closer to living my life the way it was intended. I am controlling the things I can and allowing life to take control of the things I can't. It sometimes feels like I take one step backwards but then I fight and take another couple forward, the road is sometimes bumpy with a few curves and hills but it is all a part of ride and the journey of self discovery. I am a better person for

it, I surround myself with family, friends and coaches the support me and I thank them from the bottom of my heart for standing by me and believing in me. My journey will never be over as I am always finding new challenges and that the beauty of life there is always challenges it's how you deal with them that determines the outcome.



TONE EVERY ZONE

GIVE US SIX WEEKS, AND WE'LL GIVE YOU A NEW BODY THAT'S STRONGER, FITTER AND FIRMER, JUST BY FOLLOWING OUR INNOVATIVE AND CHALLENGING CIRCUIT WORKOUT.

DEMONSTRATED BY SARAH DUNNE | IMAGES BY DALLAS OLSEN

WORKED YOUR ARMS THIS WEEK? WHAT ABOUT YOUR LEGS? BUTT? CHEST? IF YOU'RE ANYTHING LIKE US HERE AT OXYGEN, IT CAN SOMETIMES GET CONFUSING TO REMEMBER WHICH PARTS OF THE BODY WE'VE WORKED OUT, AND WHICH ONES WE HAVEN'T. Which is why we're pretty excited about our new body workout: designed to push, tone and work every part of our body, it'll give you jaw-dropping results – fast.

Not only will you find that you'll be stronger and firmer within six weeks, but you'll also be building up your strength against injuries that can occur in our everyday lives – as this workout targets your abdominal and back muscles while improving your balance, coordination and athletic ability.

One of our favourite elements of this workout is that you can do it at the gym, in your living room, or outdoors, as the focus is not on the amount of weight used. Most of the weight is going to come from your body weight, and the challenge of your stability being taken away.



WHERE TO START

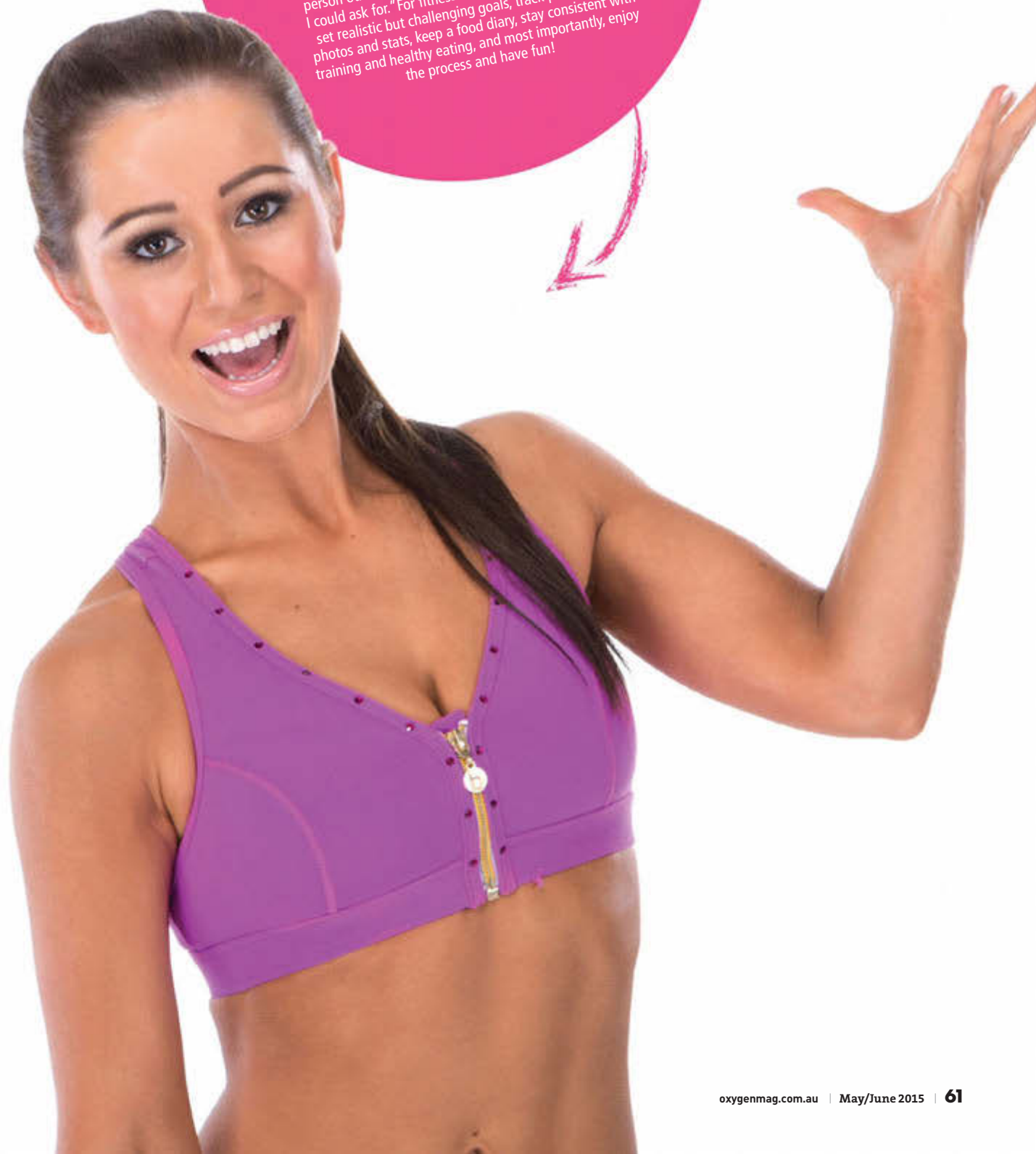
It's tempting to start lifting the heaviest weights and medicine balls, but with this workout, begin small. Start with a 1kg to 2.5kg medicine ball and 2.5kg to 3.5kg dumbbells. When the exercises begin to feel easy, slowly increase the weight, but don't go heavier than a 4.5kg medicine ball for the throws.

Complete this workout at least once a week, and you can add one circuit before your cardio routine. After just a few weeks you should feel stronger, more coordinated and more balanced. Remember, changes in the body come from hard work and, most of all, consistency.

A WORD OF WARNING: this rigorous routine is best suited for advanced exercisers, especially those preparing for contests where fitness moves are required.

SARAH DUNNE

Sarah Dunne is an Irish-born girl living in Sydney. A personal trainer, she is extremely passionate about fitness and leading a healthy, balanced and fun lifestyle. Sarah credits *Oxygen* for inspiring her to get started with working out. "The US *Oxygen* was the first fitness magazine I bought and I was hooked! It became a major influence in my decision to start weight training, and from there, become a personal trainer. I've never looked back." It was a dream of Sarah's to feature in *Oxygen Magazine*. "I absolutely love this fitness life. To be a person other women potentially look up to is more than I could ask for." For fitness success, she advises others to set realistic but challenging goals, track progress with photos and stats, keep a food diary, stay consistent with training and healthy eating, and most importantly, enjoy the process and have fun!



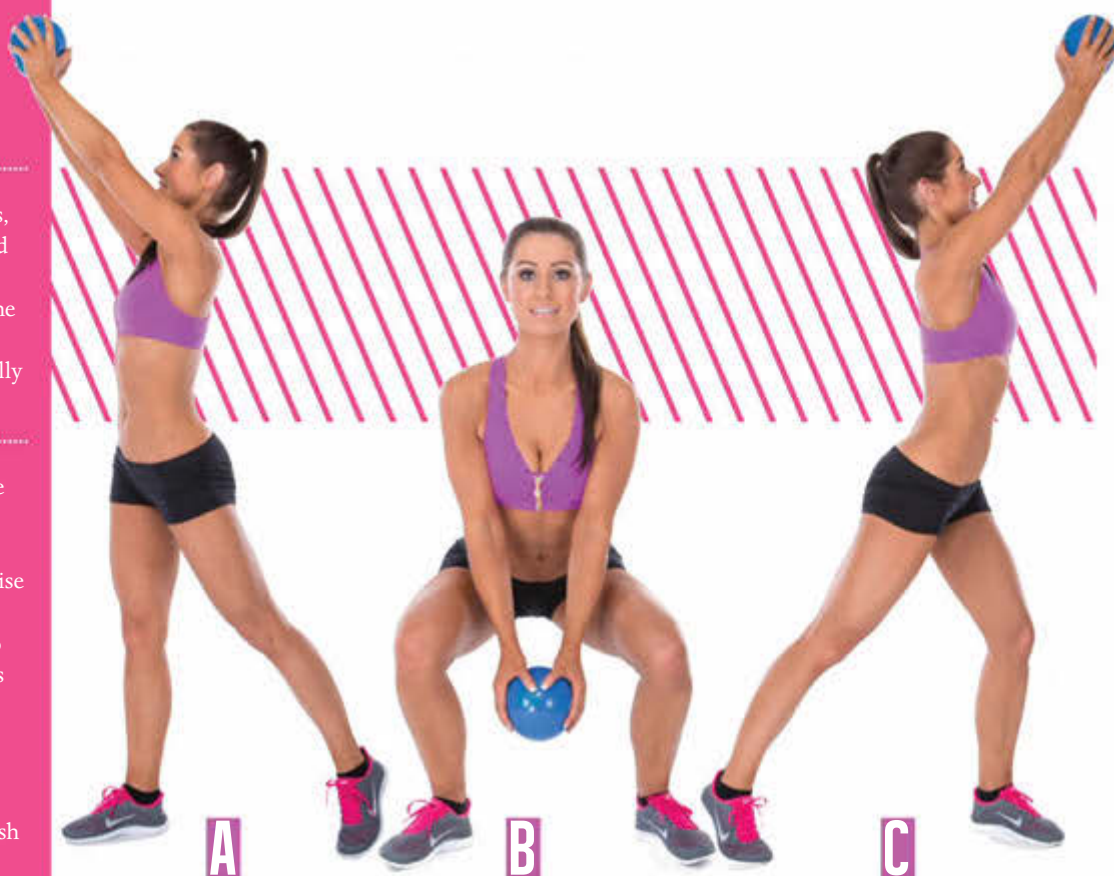
Top three tips for working your full body

- 1.** Go heavy! Full body workouts often incorporate only one exercise per body part so make sure you give it everything you've got and lift heavy!
- 2.** For walking lunges, I love to go nice and deep. Full range lunges will bring the glutes into play so lunge deep and really feel that stretch.
- 3.** Dumbbell rows are a great exercise for your back. For this workout, the exercise is with both arms at the same time so make sure your abs are tight and your body stabilised. As you reach fatigue, it's tempting to use momentum to finish the exercise but don't – make sure you really are rowing with the muscles of your back.

SETS AND REPS

Exercise	Reps
The woodchopper with squat	10-15 reps
Medicine ball squat and toss	10-15 reps
Moving stork	10-15 reps each side
Push-up with one-arm row	10-15 reps each side

Rest for 30 to 45 seconds between each move. And rest for three minutes after performing the entire sequence and repeat it once or twice for a full-body workout. Aim to complete this circuit at least once a week.



Woodchopper with squat

TARGET MUSCLES: Gluteus maximus, quadriceps

Set-up: Start with your feet shoulder-width apart and hug a medicine ball to your chest.

Action: Twist to your right as you reach the medicine ball overhead at an angle [A]. Chop the ball on a diagonal line across your body towards your thighs and then squat deeply, reaching the ball between your knees [B]. Straighten your legs as you twist towards your left, repeating the motion [C]. Repeat until you've completed your reps.

Tip: Toss the ball up at an angle after the twist for added intensity.



Medicine ball squat and toss

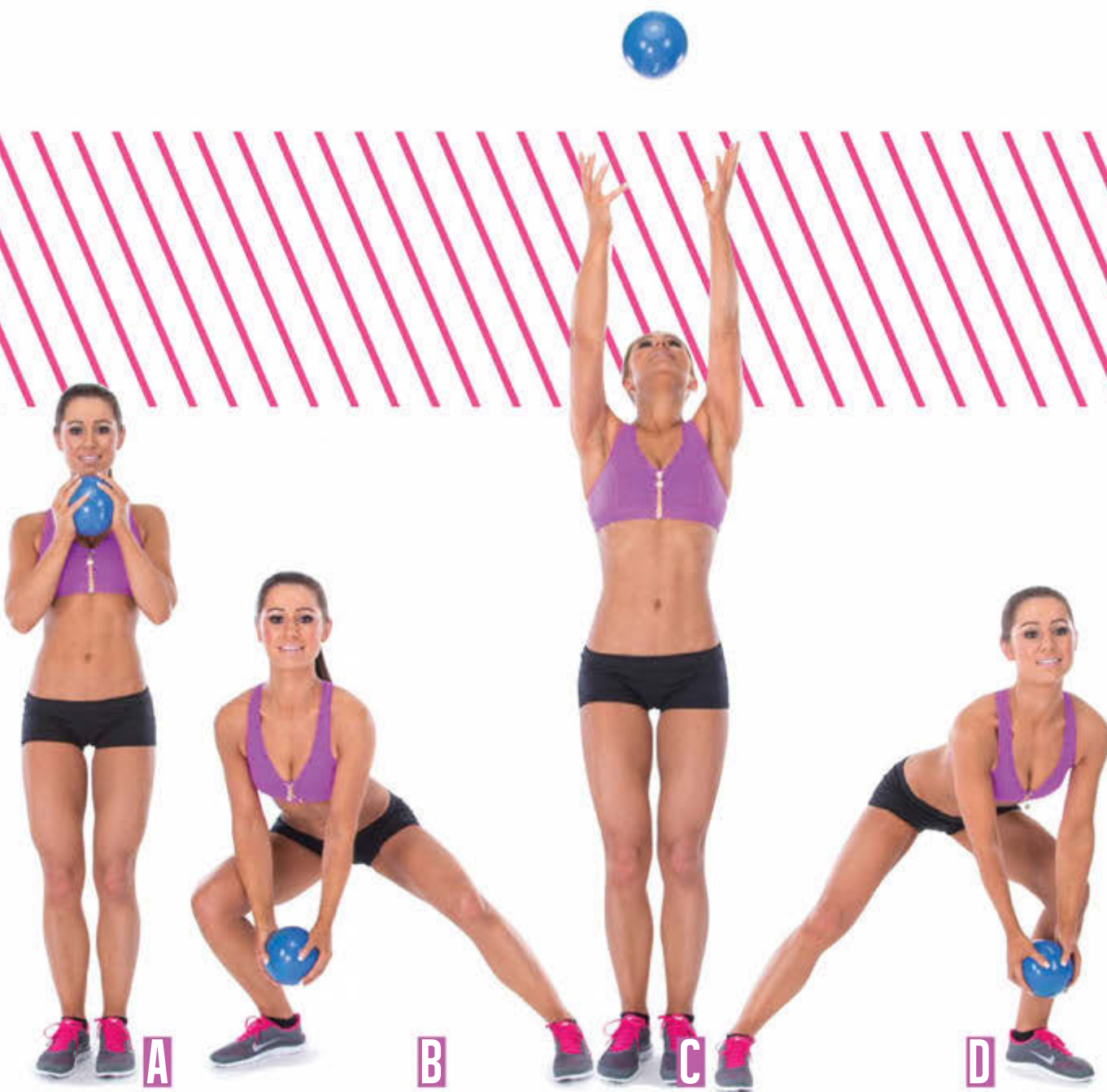
TARGET MUSCLES: quadriceps, shoulders, gluteus maximus, quadriceps

Set-up: Start with your feet shoulder-width apart and hug a medicine ball to your chest. [A]

Action: Squat deeply, reaching the ball between your knees [B], and in one smooth movement, straighten your legs and toss the ball overhead [C]. Catch the ball, bring it back to your chest and repeat for reps.

Tip: Keep your abdominals strong throughout the movement.

**A****B****C**



Side lunge with medicine ball toss

TARGET MUSCLES: Gluteus maximus, quadriceps

Set-up: Stand with your feet together and hug a medicine ball to your chest [A].

Action: Step out to the right, bending your right knee and reaching your ball toward your right foot [B]. (Make sure your knee lines up over your heel, not your toes.) Press through your right heel to come back to

centre, bringing your feet together and tossing the ball overhead [C]. Repeat on the left leg and continue alternating sides [D].

Tip: Bend down as you lunge to the side and push your hips back. This will keep the knees out of the way and you'll get a deeper workout through the legs and glutes.



Moving stork

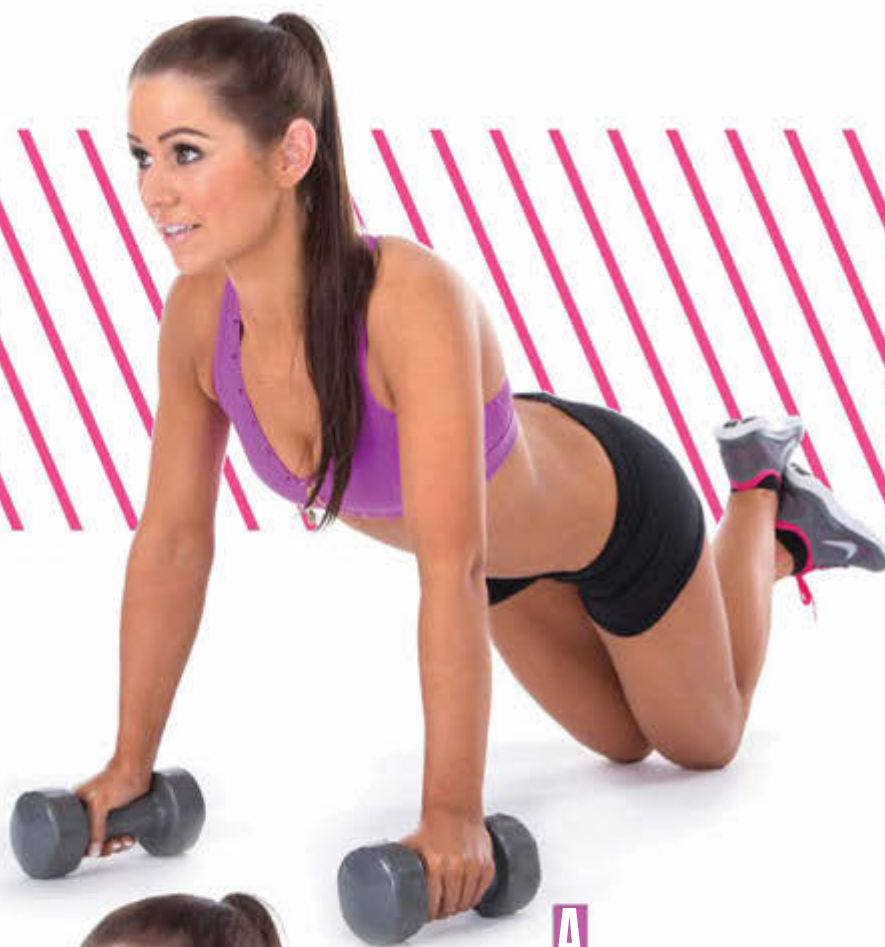
TARGET MUSCLES: Gluteus maximus, quadriceps

Set-up: Stand with your feet together, and hug a medicine ball to your chest [A].

Action: Exhale and contract your abdomen and hinge forward at the hip, reaching the ball towards the floor and raising your left

leg behind you [B]. Inhale as you raise your torso, drawing the ball back to your chest and bringing your left knee up in front of you [C]. Complete the reps on one leg before switching sides.

Tip: Keep your core strong to help you stay steady.



Push-up with one-arm row

TARGET MUSCLES:

Pectoralis major (sternal and clavicular), anterior delts and triceps

Set-up: Holding a pair of medium-weight dumbbells, come onto your knees and place the weights under your shoulders [A].

Action: Contract your abdomen and lower your chest all the way to the floor. Press back up to the starting position and balance on your right arm as you draw your left hand up to your rib cage for a mid-back row [B]. Be sure to keep your spine straight throughout the exercise and squeeze your rhomboids together to get the most out of the row. Return to start position and alternate sides.

Tip: Flex your abs throughout the exercise to help with form and keep your hips from sagging.





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YOUR **NO-FUSS
MEAL PLAN**
WILL BUILD
MUSCLE
WITHOUT
PACKING ON A
GRAM OF FAT.

BY ELIZABETH BROWN, MS, RD
PHOTOGRAPHY JODI PUDGE

Eat up to Trim Down!

Forget miniscule portions and counting calories. Eating more can fire up your metabolism - it's all about choosing the right foods for you.

No fitness overhaul is complete without taking a long, hard look at your diet. For your body to work efficiently, it's important to fuel your body-sculpting training plan. And if you hate to cook, you'll love this meal plan. The dinner recipes take only 20 minutes to make, and each one doubles up as a lean lunch for the next day, saving you time from fussing around in the kitchen.

CONVENTIONAL CHICKEN BREASTS COST ABOUT 19 CENTS PER SERVING.

32 Percentage of your daily need for vitamin B6, which helps to maintain energy supplies in your body.

77 Percentage of your daily need for niacin, a B vitamin that helps boost energy and burn fat.

THE SKINLESS CHICKEN BREAST

is this month's star protein source. It's the Little Black Dress in a fit diet – ever so versatile and necessary! But like an LBD, chicken breasts can get boring. Fast fact: 1.22 million people Google chicken breast recipes every month, so we know you're craving fresh new ideas for using this muscle-building staple. *Oxygen* delivers, with your budget in mind, too. Look for chicken breasts without skin, and, if your budget stretches to it, buy organic. The cheapest way to include chicken into your diet and budget is to purchase a whole chicken and carve it up yourself.

FREE-RANGE CHICKEN BREASTS COST ABOUT 63 CENTS PER SERVING.

LESS THAN FOUR GRAMS OF FAT – JUST 18 PER CENT OF THE CALORIES COME FROM FAT.

33 grams of high-quality lean protein.

What one portion offers

A four-gram serving of boneless, skinless chicken breast provides 186 calories plus lots of nutrients to help you build a leaner body.

BONUS: 4 SPEEDY CHICKEN RECIPES – ENOUGH FOR LEFTOVERS!



pg. 70



pg. 72



pg. 73



pg. 75

CHICKEN BREASTS are rich in selenium, an essential mineral that helps your metabolism stay revved up.

TURN THE PAGE FOR MORE. 

CHICKEN SAUTÉED WITH LEEKS & ROCKET

Ready in 20 minutes • Makes 2 servings

- 1 (225g) chicken breast
- 2 tsp canola oil
- 4 tbsp arrowroot powder, divided
- 3 cups crimini mushrooms, sliced with stems removed
- 1 cup thinly sliced leeks, rinsed and white part discarded
- 2 cloves garlic, minced
- 1½ cups thinly sliced shallots
- 1½ tbsp low-salt soy sauce
- Zest and juice of 1 lemon
- 6 cups rocket

1. Rinse chicken breast under cool water and pat dry with paper towel. Pound to 1.2cm thickness.
2. In a large pan, heat oil over medium-high heat. Place 2 tablespoons of arrowroot on a plate and dredge the chicken to coat thoroughly. Add to pan and cook until brown, about 2

minutes per side. Transfer to a plate and cover with a lid.

3. Add ¼ cup water to the pan and use a wooden spoon to remove any brown bits. Add the mushrooms, leeks, garlic and shallots. Sauté for about 5 minutes, adding more water if needed to prevent sticking.
4. Combine remaining arrowroot with the soy sauce, lemon juice and lemon zest. Add the mixture to the pan and bring to a boil. Add the chicken back to the pan, reduce heat to simmer and cook another 2 minutes, until the chicken is no longer pink inside. Add the rocket at the end, cover with a lid and steam for 1 more minute. Serve.

Nutrients per serving (465 g):

Calories: 421, Total Fats: 9 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 87 mg, Salt: 600 mg, Total Carbohydrates: 44 g, Dietary Fibre: 6 g, Sugars: 5 g, Protein: 43 g, Iron: 5 mg

**MUSHROOMS
ADD EARTHY
FLAVOUR.**

YOUR ONE-MONTH Meal Plan

DAY 1

BREAKFAST 1 cup cooked oatmeal + 1 cup blueberries + 1 cup low-fat milk + 2 tbsp chopped walnuts

SNACK 1 20 grapes; 1 low-fat string cheese

LUNCH 110g turkey breast lunch meat + ¼ chopped avocado + 4 leaves romaine lettuce + ½ whole wheat pita + ½ capsicum, cut into sticks

SNACK 2 1 cup low-fat Greek yoghurt + 1 chopped pear + dash cinnamon

DINNER *Chicken Sautéed with Leeks & Rocket** (recipe)

Calories: 1,675
Protein: 130 g Carbs: 183 g
Fats: 47 g

Leftover Tip

*Save half of this meal for tomorrow's lunch.

DAY 2

BREAKFAST 1 cup low-fat Greek yoghurt + 1 cup frozen strawberries + 1 tbsp ground flaxseed + 2 tbsp almonds

SNACK 1 2 brown rice cakes + 1 tbsp natural almond butter + 1 apple

LUNCH LEFTOVER *Chicken Sautéed with Leeks & Rocket*

SNACK 2 3 cups air-popped popcorn + 1 tbsp nutritional yeast flakes

DINNER 225g lean beef tenderloin* + 2 cups broccoli + 1 medium sweet potato + 2 tsp olive oil

Calories: 1,701
Protein: 118 g Carbs: 188 g
Fats: 53 g

Leftover Tip

*Save 110g for tomorrow's lunch.

DAY 3

BREAKFAST 1 cup high-fibre cereal + 1 banana + 1 tbsp walnuts + 1 cup low-fat milk

SNACK 1 1 hard-boiled egg; 1 carrot and 1 stalk celery, cut into sticks

LUNCH 110g **LEFTOVER** beef tenderloin + 4 cups romaine lettuce + 1½ cups mixed vegetables + ¼ chopped avocado + 2 tbsp low-fat Greek yoghurt + 1 tbsp salsa + ¼ squeezed lime

SNACK 2 1 grapefruit; 1 tbsp almonds

DINNER TURKEY PASTA*: sauté 225g lean ground turkey + 2 tsp olive oil + ½ chopped yellow onion + 1 clove minced garlic + 1 can minced stewed tomatoes + 1 chopped zucchini; serve with 2 cups cooked whole wheat pasta

Calories: 1,752
Protein: 118 g Carbs: 203 g
Fats: 52 g

DAY 4

BREAKFAST blend ½ cup low-fat milk + 2 tbsp natural almond butter + 110g light extra-firm tofu + 2 tbsp chocolate whey protein powder + 1 banana + ice

SNACK 1 1 orange; ½ carrot, cut into sticks

LUNCH LEFTOVER **TURKEY PASTA**; serve with 2 cups mixed greens + ½ shredded carrot + 1 tbsp sunflower seeds + 1 tbsp balsamic vinegar

SNACK 2 2 kiwis; 1 low-fat string cheese

DINNER *Spice-Rubbed Chicken Fajitas** (recipe)

Calories: 1,739
Protein: 133 g Carbs: 187 g
Fats: 51 g

Leftover Tip

*Save 110g for tomorrow's lunch.

Leftover Tip

*Save half of this meal for tomorrow's lunch.



FIT TIP: THIS BALANCED RECIPE MAKES A GREAT POST-WORKOUT MEAL.



PREP TIP

Some of the recipes call for pounding the chicken breast to around 1cm thickness. What's the point of doing this? Pounding chicken makes it cook faster and more evenly. Here's how to do it: place the breast between two pieces of plastic wrap. Using a meat mallet or a small heavy pan, pound the meat until you achieve the desired thickness. Easy!

DAY 5

BREAKFAST 1 egg + 2 egg whites + 2 cups spinach + 1 low-fat string cheese + toasted whole wheat English muffin

SNACK 1 2 tbsp almonds; 6 prunes

LUNCH **LEFTOVER** *Spice-Rubbed Chicken Fajitas*

SNACK 2 PEAR SHAKE: blend 1 pear + 1 cup low-fat milk + 1 tbsp vanilla whey protein powder + dash cinnamon + ice

DINNER 225g grilled salmon* + 2 medium sweet potatoes** + 1 cup kale sautéed with 1 tsp olive oil; top with 1 tbsp sunflower seeds

Calories: 1,680
Protein: 120 g Carbs: 183 g
Fats: 52 g

Leftover Tip

*Save half for tomorrow's lunch.
**Save 1 for breakfast on Day 7.

DAY 6

BREAKFAST pan fry 2 slices sprouted bread dipped in 2 beaten egg whites; top with 2 tbsp natural almond butter + 1 chopped banana + 1 cup frozen strawberries, thawed and chopped + dash cinnamon

SNACK 1 1 apple

LUNCH combine 110g **LEFTOVER** salmon + 1/2 stalk chopped celery + 1/4 chopped red onion + 1 tbsp low-fat Greek yoghurt + 1/4 tsp Dijon mustard + 1/2 tsp horseradish; spread on 4 Wasa crackers and serve with 2 cups any salad greens tossed with 1 tsp olive oil + juice of 1/2 lemon; 1 orange

SNACK 2 1 cucumber + 1/2 sliced red pepper + 1/4 cup hummus

DINNER sauté 110g chicken breast + 1 tsp olive oil + 1 cup cooked brown rice + 1 chopped carrot + 1/2 diced red pepper + 1/2 chopped yellow onion + any leftover vegetables

Calories: 1,831 Protein: 99g
Carbs: 235 g Fats: 55 g

DAY 7

BREAKFAST blend 1/2 cup dry oats + 1 **LEFTOVER** peeled and mashed sweet potato + 2 egg whites + 1 tsp baking powder + dash cinnamon; divide in half and pan fry; top with 2 tbsp maple syrup + 2 tbsp walnuts; 1 cup low-fat milk

SNACK 1 1 pear

LUNCH 225g tofu + 1/2 tsp each coriander and turmeric + 2 tbsp low-fat Greek yoghurt + 1/4 tsp Dijon mustard + 1/2 stalk minced celery + 1 tbsp sunflower seeds + 1 cup romaine lettuce + 1/2 whole wheat pita

SNACK 2 1 cup canned black bean soup

DINNER 140g pork loin chop + 2 cups collard greens + 1 tsp olive oil + juice of 1/2 lemon + 2 cups cooked barley*

Calories: 1,770
Protein: 100 g Carbs: 230 g
Fats: 70 g

Leftover Tip

*Save 1 cup for tomorrow's breakfast.

TURN THE PAGE FOR MORE. ▶





CUMIN IS A METABOLISM-REVVING SPICE.

FIT TIP: EAT THIS ABOUT TWO HOURS BEFORE YOUR WORKOUT.



Leftover Tip
*Save half of this meal for tomorrow's lunch.

SPICE-RUBBED CHICKEN FAJITAS

Ready in 20 minutes • Makes 2 servings

1 (225g) boneless, skinless chicken breast

Juice of 1 lime

SPICE RUB:

1 tsp cumin

1 tsp ground coriander

1 tsp paprika

1/8 tsp ground black pepper

FAJITA INGREDIENTS:

2 tsp canola oil

1 red capsicum, sliced

1/2 red onion, sliced

Juice of 1 lime

1 tsp chilli powder

4 corn tortillas

2 cups shredded romaine lettuce

Salsa, to top

both sides. Place chicken on a baking tray coated with canola oil. Place under the grill for 5 minutes per side, or until the juice runs clear when pierced.

3. Sauté capsicum and onion in a pan. Add lime juice and chilli powder. Cook for 10 minutes. Set aside.

4. Cut cooked chicken into thin, 1/2 cm slices. Toast tortillas under the grill for 20 seconds. Distribute cooked vegetables and chicken onto tortillas. Top with lettuce and salsa.

Nutrients per serving (503 g):

Calories: 451, Total Fats: 10 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 87 mg, Salt: 375 mg, Total Carbohydrates: 39 g, Dietary Fibre: 8 g, Sugars: 10 g, Protein: 39 g, Iron: 4 mg

1. Preheat grill. Rinse chicken and pat dry. Pound to 1cm thickness. Squeeze lime over chicken.
2. Combine rub ingredients on a plate. Dredge chicken in spices, coating

WEEK 2

DAY 8

DAY 9

DAY 10

breakfast

1 cup **LEFTOVER** barley + 2 tbsp raisins + 1 cup low-fat milk + dash cinnamon

1 whole egg + 2 egg whites + 2 tbsp salsa + 1/2 cup black beans + 2 corn tortillas + 1/4 chopped avocado

1 cup high-fibre cereal + 2 tbsp raisins + 2 tbsp walnuts + 1 cup low-fat milk; 1 egg and 2 egg whites, scrambled

snack 1

1 chopped pear + 1/2 cup low-fat cottage cheese + 1 tbsp almonds + dash cinnamon

1 cup low-fat Greek yoghurt + 1 orange, peeled, sectioned, cut into thin triangles + 1 tsp honey + 2 tbsp chopped walnuts

1 grapefruit

lunch

55g turkey breast lunch meat + 4 cups mixed greens + 3 kalamata olives + 1/2 diced red pepper + 1/4 diced red onion + 2 tbsp balsamic vinegar + 1/4 sliced avocado + 2 brown rice cakes

LEFTOVER Tomato-Orange Chutney Chicken, chopped + 2 cups romaine lettuce + 2 tbsp balsamic vinaigrette

LEFTOVER SPINACH & MEATBALL PASTA; serve with 2 cups mixed greens salad + 1 tsp olive oil + 1 tbsp balsamic vinegar

snack 2

blend 2 tbsp chocolate whey protein powder + 1 cup low-fat milk + 1 tbsp natural almond butter + ice

3 cups air-popped popcorn + **LEFTOVER Baked Kale Chips** crumbled on top + 1 tbsp nutritional yeast flakes

1 tbsp natural almond butter + 2 brown rice cakes + 1 sliced apple

dinner

Tomato-Orange Chutney Chicken with Baked Kale Chips* (recipe)

SPINACH & MEATBALL PASTA: cook 225g lean ground beef made into 4 meatballs + 1 clove minced garlic + 1/4 chopped red onion + 8 cups spinach + juice of 1/2 lemon + 2 tsp olive oil; serve over 2 cups whole wheat pasta

Tandoori Crock-Pot Chicken* (recipe)

Leftover Tip
*Save half of this meal for tomorrow's lunch.

Leftover Tip
Save half of the chicken for tomorrow's lunch, and half of the kale chips for a snack.

Calories: 1,777 Protein: 124 g Carbs: 210 g Fats: 49 g

Calories: 1,753 Protein: 131 g, Carbs: 197 g Fats: 49 g

Calories: 1,675 Protein: 107 g Carbs: 197 g Fats: 51 g

COLLARD GREENS AND PEARS ADD SLIMMING FIBRE.

TANDOORI CROCK-POT CHICKEN WITH CHICKPEAS, PEARS & COLLARD GREENS

Ready in 20 minutes, plus 8 hours of slow cooking • Makes 3 servings

1 (225g) chicken breast

420g can chickpeas

2 pears

1 bunch collard greens

TANDOORI SAUCE:

1 cup plain low-fat Greek yoghurt, divided

2 cloves garlic, minced

25mm ginger, minced

Juice and zest of 1 lemon

2 tsp honey

1 tsp paprika

1 tsp coriander

1/2 tsp cumin

1/4 tsp cinnamon

1/4 tsp black pepper

1/8 tsp sea salt

1. Rinse chicken and pat dry. Cut 3 large slits across the width of the chicken breast.

2. Drain chickpeas and cut pears into slices. Rinse greens. Set all foods aside.

3. In a mixing bowl, combine 1/2 cup yoghurt with remaining sauce ingredients.

4. Place chickpeas into the slow cooker. Smear the tandoori sauce on both sides of the chicken breast and place on top of the chickpeas. Cover and

cook on low for 6 to 8 hours.

5. Remove cooked chicken from the slow cooker. Stir in the remaining yoghurt and pear pieces. Add chicken back to heat through while you steam the greens.

6. Heat a large pot of water, filled about 25mm high. Insert a steamer basket. Remove ribs from greens, stack them, then cut crosswise into thin ribbons. Put greens in steamer basket and cover with a lid. Let steam until bright green, about 2 minutes. Remove from steamer basket and set aside. Plate 2 cups steamed collard greens and top with 1/3 of the chicken breast, plus 1 cup of sauce with pears and chickpeas.

Nutrients per serving (472 g):
Calories: 418, Total Fats: 5 g,
Saturated Fat: 1 g, Trans Fat: 0 g,
Cholesterol: 58 mg, Salt: 168 mg,
Total Carbohydrates: 56 g,
Dietary Fibre: 12 g, Sugars: 23 g,
Protein: 39 g, Iron: 4 mg

This sweet and savoury low-fat dish packs in a whopping 48 per cent of your RDI for fibre per serving. Fibre helps ward off fat buildup.

TURN THE PAGE FOR MORE. 

TOMATO-ORANGE CHUTNEY CHICKEN WITH BAKED KALE CHIPS

Ready in 20 minutes • Makes 2 servings

- 1 bunch kale
- 3 tsp canola oil
- Dash sea salt
- 1 (225g) chicken breast
- CHUTNEY:**
- 411g can stewed tomatoes, chopped with juices
- 1 tbsp Sucanat or honey
- Zest and juice of 1 orange
- 1 tbsp apple cider vinegar
- 1 tsp coriander
- 1/4 tsp pepper
- Dash sea salt

1. Preheat oven to 175°C. Wash and dry the kale with paper towels. Use kitchen shears or a knife to remove ribs and cut kale into 5cm pieces. Toss in a bowl with 2 teaspoons of oil and sea salt. Place on 2 large baking trays lined with parchment paper. Bake for 10 to 15 minutes or until edges are slightly browned.
2. Meanwhile, rinse chicken breast under cool water and pat dry with paper towel. Pound to

1cm thickness. In a large pan, heat remaining oil on medium-high heat and brown chicken, 2 minutes per side.

3. Meanwhile, combine tomatoes and their juices in a bowl. Use a knife and fork to cut tomatoes into small 1cm pieces. Mix in remaining chutney ingredients. Set aside.
4. Remove chicken from pan and set aside. Add tomato mixture to pan and bring to a boil over high heat, about 1 minute. Add the chicken back and cover it with the sauce. Reduce heat to medium-high and cover until chicken is cooked through and no longer pink inside, about 5 minutes. Continue to cook uncovered, stirring the chutney occasionally, until it becomes the consistency of jam, about 5 more minutes. Remove the kale chips from the oven. Serve with chicken.

Nutrients per serving (536 g):

Calories: 413, Total Fats: 11 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 87 mg, Salt: 502 mg, Total Carbohydrates: 42 g, Dietary Fibre: 8 g, Sugars: 26 g, Protein: 40 g, Iron: 4 mg

PREP TIP

Try other leafy greens, such as collards, mustard greens or Swiss chard in place of kale. Each one is a significant source of vitamins A and C, plus minerals such as calcium, iron and potassium, which are essential for muscle contraction and getting oxygen to working muscles as you exercise.



APPLE CIDER VINEGAR
HELPS BURN FAT.

Leftover Tip

*Save 110g for lunch tomorrow.
**Save a half cup for lunch tomorrow.

WEEK 2 Continued...



DAY 11	DAY 12	DAY 13
1 bunch baby bok choy + 1 whole egg + 4 egg whites + 1/2 tsp low-salt soy sauce + 2 slices sprouted bread	toasted whole wheat English muffin + 1 tbsp natural almond butter + 1 sliced banana; 1 cup low-fat milk	1/2 cup black beans + 55g turkey breast lunch meat + 2 egg whites + 1/2 whole wheat pita + 1/4 chopped avocado + 2 tbsp salsa
1 cup blueberries + 1 cup low-fat Greek yoghurt + 1 tbsp chopped walnuts	1 apple	1 chopped pear + 1 cup low- fat cottage cheese
LEFTOVER Tandoori Crock-Pot Chicken	110g turkey breast lunch meat + 1/4 chopped avocado + 2 cups rocket + 1/2 whole wheat pita; 1 carrot and 1 stalk celery, cut into sticks	2 slices sprouted bread + 1/4 cup hummus + 1/2 sliced cucumber + 1 cup romaine lettuce + 1/2 sliced red pepper + 1 hard-boiled egg
1 pear; 1 low-fat string cheese	1 cup low-fat cottage cheese + 1 cup frozen strawberries, thawed + 1 tbsp ground flaxseed	1 orange; 1 low-fat string cheese
110g steamed white fish + 2 cups steamed broccoli + 1 tsp olive oil + juice of 1/2 lemon + 1 cup cooked brown rice	1/2 cup beans (any kind) + 1 cup mixed vegetables + 1/4 cup salsa + 1/4 avocado + 2 cups romaine lettuce + 1 shredded carrot + 1 tsp olive oil + 1 tbsp balsamic vinegar; serve with 1 cup black bean soup	225g pan-fried chicken breast* + 4 cups sautéed spinach + 1 tsp olive oil + 1 clove garlic + juice of 1/2 lemon + 1/2 cups quinoa**
Calories: 1,588 Protein: 133 g Carbs: 192 g Fats: 32 g	Calories: 1,817 Protein: 115 g Carbs: 229 g Fats: 49 g	Calories: 1,707 Protein: 137 g Carbs: 184 g Fats: 47 g

CANOLA OIL IS IDEAL FOR HIGH-HEAT COOKING. PLUS, YOU GET A BOOST OF OMEGA-3 FATS.

DAY 14

1 cup high-fibre cereal + 1 cup frozen blueberries, thawed + 1 cup low-fat milk + 2 tbsp chopped walnuts

20 grapes (freeze any leftover grapes for future snacks)

CHICKEN QUINOA SALAD:

110g diced **LEFTOVER** chicken + 1 diced red capsicum + $\frac{1}{2}$ diced cucumber + juice of $\frac{1}{2}$ lemon + 1 cup romaine lettuce + 3 minced kalamata olives + $\frac{1}{4}$ diced avocado (if you have any left over); toss with $\frac{1}{4}$ cup **LEFTOVER** quinoa

1 carrot and 1 stalk celery, cut into sticks; 2 tbsp almonds

110g steamed salmon + 2 cups broccoli + 1 small sweet potato + 2 tsp olive oil

Calories: 1,608 Protein: 97g
Carbs: 179g Fats: 56g

ORANGES ADD A SPLASH OF VITAMIN C TO BOOST HEALTH.

KALE CHIPS ARE LOW-CALORIE, FILLING SNACKS.

 Repeat the meal plan starting at Week 1 for 14 more days to complete one full month.

Kick it/Pick it

1. The café breakfast

Save 97 calories

Kick: Swap avocado and feta smash on buttered pide toast (row one)

Pick: Two poached eggs on unbuttered grain toast with roasted tomato

Fat facts:

Avocado is a good source of healthy fats, but many cafés will mix it with cheeses that are high in saturated fat and

salt, such as feta and goats cheese. Foregoing the butter and using the runny yolk to soften the toast is an easy way to cut back on fat.



Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
1995kJ	6g	29g	10g	40g	1g	4g	812mg
1590kJ	20g	15g	4g	35g	4g	7.5g	464mg

3. Lunch on the run

Save 90 calories

Kick: One ham and cheese toastie' (row one)

Pick: Four Vietnamese prawn rice paper rolls (row two)

Fat facts:

processed hams and cheddar cheese are both high in saturated fat and salt, and most toasties will be buttered on both sides as well! Four

rice paper rolls is a larger and healthier lunch option, and can be easily purchased as a take-away.



Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
1460kJ	22g	10g	6g	40g	5g	1.5g	1210mg
1085kJ	18.5g	1.4g	0.3g	41g	1g	2g	474mg

4. The 4pm slump

Save 65 calories

Kick: Six Ritz crackers with two tablespoons of sweet potato and cashew nut dip (row one)

Pick: 4 Vita Weat 9 grain crackers and 2 tablespoons of low-fat cottage cheese' (row two)

Fat facts: 'crackers and dip' can vary greatly in terms of total fat content. Make sure to limit your portion and choose low-fat dip options. Other examples include low-fat hummus, tzatziki and babaganoush.



Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
812kJ	2.5g	13g	5g	19g	5g	1.5g	301mg
539kJ	7g	3g	0.5g	15g	2.5g	3.5g	225mg

DON'T LET THOSE SNACKS OR SNEAKY CALORIES RUIN YOUR GOOD WORK. **WE'VE FOUND SOME TASTY TREATS WHICH WON'T BLOW YOUR CALORIE BUDGET.** WORDS BY **SAMANTHA COWAN**, ACCREDITED PRACTISING DIETITIAN

2. Morning cup of tea

Save 128 calories

Kick: Regular full cream latte with one Tim Tam biscuit' (row one)

Pick: Regular skim latte with an apple' (row two)

Fat facts:

Most of the fats found in dairy are saturated, so choosing low fat is best. Even though a Tim Tam may be small, it packs a lot of kilojoules

and fat! Apples are portable, low in fat and high in dietary fibre.



Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
1115kJ	10g	14g	9g	25g	22g	0g	150mg
579kJ	8g	0.3g	0.3g	25g	25g	4g	120mg

5. Home-cooked curry dinner

Save 60 calories

Kick: 100ml of regular coconut milk (row one)

Pick: 100ml of Nestle Carnation Light and Creamy evaporated milk with coconut essence (row two)

Fat facts: this simple food swap will reduce your fat intake by 90%, without compromising the taste or consistency of your curry. Delicious!

Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
660kJ	1.6g	16g	14.5g	2g	2g	0g	20mg
410kJ	8g	1.6g	1.1g	12g	12g	0g	100mg



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Which cardio is best

WORDS BY BELINDA POTTER

WE SETTLE THE DEBATE ONCE AND FOR ALL AND PIT – HIIT AND LISS – AGAINST EACH OTHER. SO WHICH CARDIO CAME OUT ON TOP WHEN IT COMES TO FAT LOSS? READ ON TO FIND OUT.



BELINDA POTTER

Belinda Potter is one of Australia's leading athletes in the fitness industry, particularly in the area of figure competitions. She began training in her mid-teens but it wasn't until her early 20s that her training commitment and consistency increased, eventually leading her to the figure competition stage where she won and placed in many competitions, including ANB, NABBA and IFBB championships.

Belinda loves the challenge of competing and is constantly amazed by what people are capable of achieving when they are truly driven to accomplish a goal. Today she works as a personalised online coach who specialises in women's figure, fitness and bikini competition.



Ever wondered how to start a fight in the cardio room of your gym? No, don't throw a fantail in front of a bunch of "hangry" women running on the treadmills (although that could be fun), instead, casually ask their opinion on which is better for fat loss High Intensity Interval Training (HIIT) or Low Intensity Steady State (LISS). Then back away and watch the cardio war unfold!

Before you chime in with your two cents worth, it's useful to know your HIIT from your LISS and what the – sometimes convoluted – science says. Science, yawn. Don't worry, I'm here to break it down for you and let you in on a little known secret method for turning yourself into a fat-burning furnace!

WHAT IS HIIT

HIIT, which stands for High Intensity Interval Training, cardio is characterised by alternating bursts of high intensity (maximum output), short duration exercise with low intensity periods of recovery. The work-to-rest ratio may vary depending on your fitness level ie. 1:1 or 1:2 or if you are starting out, perhaps think 1:4.

WHAT IS LISS

LISS on the other hand, is as it sounds: continuous exercise of low-intensity exercise for a prolonged period of time (usually within what is considered your optimal 'fat-burning zone' of 60-70 percent of your maximum heart rate (MHR)). It's about as exciting as watching paint dry.

WHAT THIS MEANS

So what do these two types of cardio look like in practical terms? In principle, you would alternate timed bursts of 'all out effort' with recovery on a treadmill, but sprinting over marked distances can be equally effective – lace up your sneakers and hit the track, footy field or stairs. For a low-impact option, head indoors and hit the cross-trainer or spin bike following the same principles of alternating work and recovery ie. 30 seconds of work: 60 seconds of recovery. In terms of LISS, think of walking/jogging the perimeter of the footy field or watching an entire episode of Dr Phil while cruising on the treadmill.

But which is best? In an Australian study published by the *Journal of Obesity* in 2014¹, it was found that although HIIT could provide extensive health benefits including increased cardiorespiratory

fitness, increased number of mitochondria (the powerhouse of our cells) and improved insulin sensitivity, the data suggested that HIIT cardio did not elicit the same benefits as LISS in reducing body fat levels.



So have we been sold a lemon? Not exactly. This study examined the efficacy of HIIT versus LISS training in previously inactive, overweight adults, which is not necessarily representative of the typical Oxygen girl. What this study did, however, was demonstrate that HIIT is an immensely time-effective method for significantly improving overall health and fitness in around half the time it took to achieve similar results by using low intensity aerobic exercise. So, there are definite time advantages to utilising HIIT cardio for us time-poor gals.

Your Secret Weapon Protocol

- ☐ 5-10 minutes easy warm-up
- ☐ 10-15 minutes HIIT interval training as outlined above
- ☐ Complete rest 5 minutes (perfect time to stretch or re-fill your water bottle)
- ☐ 20-40 minutes LISS aerobic activity at 60-70% MHR

A second study published in the *Journal of Sports Science and Medicine*², concluded that both training methods resulted in overall improvements to body composition with HIIT producing slightly better results for the reduction of visceral fat loss - the body fat around your middle. Now before you ditch your LISS class schedule, there is an 'after burn'. Known as the



Excess Post-exercise Oxygen Consumption (EPOC) or the oxygen debt, this keeps our metabolism elevated from 15 minutes to a whole 48 hours after high-intensity exercise. The reason, is that our body needs to fulfil three basic tasks: metabolise additional nutrients, refill energy stores, and replenish depleted oxygen in the blood and muscles³. Within the study, this didn't equate to significantly different outcomes between the two test groups.

WHO'S THE WINNER?

Over the years, I have found that there is actually a place for both methods of cardio which will elicit fantastic results: in fact, it's my secret weapon against body fat with my personal clients. Now here is where the science gets really geeky!

If you know anything about your body's energy pathways - anaerobic (HIIT) or aerobic (LISS) - then you'll know that you body preferentially uses different substrates to supply it with energy depending upon the demands. In activity lasting longer than 10-12 seconds and up to two minutes (your typical sprint interval in

HIIT), the glycolytic system is largely responsible for energy supply. Just as the word suggests, 'glycolytic' refers to using muscle glycogen or, in layman's terms, your stored carbohydrates as fuel. If an activity lasts longer than two minutes (yes, here comes LISS) then your oxidative system kicks in, and it uses a combination of muscle glycogen, intramuscular fatty acids, free fatty acids and amino acids for fuel³. Now that sounds a little more like it!

Perhaps the reason that HIIT cardio alone doesn't have the expected benefits on fat loss that we have all been led to believe, is that high intensity exercise produces lactic acid. And that burns! Lyle McDonald, author of *The Stubborn Fat Solution*, explains that high levels of lactic acid in the blood traps fat in the fat cells. As we know, fat is not the preferred energy substrate during high intensity exercise. But, a few minutes after HIIT ends, there is a big dump of fatty acids into the bloodstream - and this is where LISS is your hero mopping up the fat and using it for energy.

So, how do we 'out smart' this dilemma and potentially get the best of both worlds?

McDonald suggests taking a short break of approximately five minutes (to allow for the fatty acids to be released into your bloodstream and reduce heart rate into your 'fat-burning zone') after your HIIT intervals. Then, complete a steady cardio workout, which will put you in a better metabolic position to burn off the mobilised fat stores.

Now, before you run out the door to get your HIIT/LISS er, hit, let me give you a few important caveats here. If you are a beginner with very little endurance, then chances are starting out with HIIT could be a little ambitious. Work up to it instead. HIIT can also mess with your recovery, so aim to do no more than three sessions per week. If you are already fatigued or following a low-carbohydrate nutrition plan, then be smart and stick with LISS or, at the very least, less-taxing HIIT knowing that you are starting out with impaired muscle glycogen before you even hit the treadmill.

So whilst the jury may still be out and the cardio war continues over which is best for burning body fat, you can comfortably sit on the fence and say - both!

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Are your lifestyle habits *slowing down your metabolism?*

WORDS BY DONNA ANNA, NUTRITIONIST

ARE YOU DOING ALL THE RIGHT THINGS, YET THAT WEIGHT DOESN'T SEEM TO SHIFT? OR, DESPITE YOUR BEST EFFORTS, ARE THE KILOS CREEPING ON? WE FIND OUT WHY THERE MAY BE A VERY SIMPLE SOLUTION TO YOUR LACKLUSTER METABOLISM

SOMETIMES A HEALTHY, WELL-PACED METABOLISM ISN'T AS EASY AS EAT RIGHT, EXERCISE OFTEN. Sometimes, it can be down to simple lifestyle changes which are affecting your overall health. The main culprit for a slow metabolism is our diet. The body gains energy it needs from the food we eat through a process called metabolism. Ageing, muscle-to-fat

percentage, and a lack of physical activity are some of the contributing factors that determine how fast or slow the metabolism functions. Another major player is the food we eat. What exactly happens when we eat the wrong ones and which foods in particular as well as other causes contribute to a slower metabolism rate?



PHOTO CREDIT SHUTTERSTOCK.COM



Refined carbohydrates: white bread, pasta, rice, anything made from processed white flour.

Why: The processing of these foods means that the husks have been removed to make the food appear more palatable, smoother and easier to digest. However, most of the nutrients are found in the discarded husks. Result? The digestive system does not have to do what it is designed to do - absorb all the nutrients - which results in a slower metabolism.

What to eat instead: Whole grain breads, pasta and brown rice. When you opt for healthier choices, your metabolism has to work harder in order to absorb the nutritional value from the food.

Pesticides- toxins: found in pesticides which are used on fruits and vegetables can also slow the metabolism.

Why: The toxins interfere with the fat-burning process.

What to do instead: Buy organic. When this is not possible, peeling and washing the fruits and vegetables will reduce exposure to pesticides.

Low iron levels: unless you keep your iron levels up, you will become fatigued, which can result in a sluggish metabolism.

Why: Iron is required to carry oxygen through the blood and muscles so you can burn fat. The way to avoid this is to consume enough iron rich foods.

What to eat: Red meat is iron rich and more readily absorbed by the body. Vegetarians can receive iron from green leafy vegetables, whole grain breads, cereals, legumes, nuts and seeds, but remember that the absorption percentage is not as high and to assist the process the addition of vitamin C is recommended.

Fatty foods: we're talking about the saturated and trans-fat kind: these are a sure way to put the brakes on your metabolism.

Why: These fats put stress on the body, which causes the whole system to slow itself down while working out where to put the fat. The result is the fat ends up being stored for later use. When symptoms are present they include indigestion, stomach upset, bloating and heartburn.

What to do: Avoid fast and fried foods. If you love your chips, bake them instead of frying and look at healthier options for your usually-fried foods.

TURN THE PAGE FOR MORE. ▶



Protein: This is the building block needed to maintain muscle. Without it you run the risk of losing muscle mass.

Why: Lack of protein causes your body to consume less fat-burning energy which can lead to weight gain.

What to eat: Without protein the metabolism slows dramatically so remember to include high protein foods which include meat, fish, cheese, legumes, tofu, yogurt, nuts and seeds. When extra is needed there is a good selection of protein powders available in stores.

Insufficient calcium: When calcium levels are low the body starts to react.

What to eat: Consuming dairy foods and tinned fish with bones such as sardines and salmon are great ways to boost your calcium intake. For plant based calcium one of the richest sources is kale, followed by bok choy, tofu, almonds, sesame and chia seeds.

You're not eating enough: People often ask why they do not lose weight when they are not eating much? When the body does not receive sufficient nutrition it slips into survival mode, storing nutrients for later use.

Why: Skipping breakfast is a sure way to put onto your metabolism, as it will remain slow until it receives nourishment from food. If you have a large meal after not eating much throughout the day, the body will grasp onto the food saving it to get through until the next day.

What to do: Get planning. Make sure that you're eating every few hours (keep portion sizes under control though), to keep your metabolism fires burning.

Alcohol: when you drink your body uses less fuel.

Why: This causes fat, instead of being used as energy to go straight to storage, instead drinking two standard drinks can slow the metabolism right down.

What to do: It's best to stop at one or choose not to drink at all.

Do you have slow-metabolism symptoms?

Aside from what you eat, your body metabolism may lag behind for a number of reasons such as:-

Persistent low energy that lasts for days:

Persistent tiredness is always a good indicator that something in the body requires attention. Aside from other illnesses which could also be the cause, when the metabolism is not

functioning at optimum levels the body will react in the same way.

Cellulite and fat are appearing in new areas on your body:

Generally extra weight that was not there before is a good indicator that the metabolism is running slowly.

Medications: A number of medications may cause your metabolism to slow they include hormone therapy,

steroids including cortisone, diabetes medications and anti-depressants.

Medical conditions:

Underactive thyroid also known as hypothyroidism is a good example of a condition that can run your metabolism into a slow state. The thyroid is a gland found near the front of your neck in the throat area, it releases hormones that affect your body's metabolism rate. It's the thyroid hormones that

play a part in how quickly the body uses energy. If you find it easier to gain weight than lose it when you exercise regularly, seem to have very dry skin, cracked heels or thinning hair, make sure you have your thyroid checked by a doctor.

Sugar cravings: Keep an eye on sugar cravings especially of an afternoon; this could be another symptom your metabolism is not running to capacity at that time.



Make your metabolism move

Stay positive. Even if your metabolism is slow you can change it instantly. Other than eating well, your other weapon in the arsenal is exercise.

How much do I need to move?

This is a general guide and is different for everyone, but on average if you exercise moderately to high for around 30 minutes your metabolism will speed up to three times faster for approximately 24 to 36 hours then start slowing to one and a half times faster for the same amount of time. So basically if you have not exercised for more than three days your metabolism will be back to slow.

Of course the symptoms covered in this article can be from a range of other ailments apart from having a slow metabolism, so only use the information here as a general guide and always visit your doctor when problems persist.



DONNA ANNA

Donna Anna is the founder of dabeautynutrition.com, a nutrition and beauty consulting service. Having spent her teenage years and early twenties working as a bikini and commercial model, her career was cut short due to chronic illness. Through much trial and error, plus extensive research, an interest in nutrition, wellbeing and maintaining a healthy weight was formed. Donna Anna has been successful in reclaiming good health through dietary changes and consults her methods via her website. She is a writer on health and beauty topics and the at age of 49 has also made a recent comeback to modelling, endorsing health and anti-ageing products. She plans to release her own line of natural beauty products and nutritional supplements. She is about to graduate with her Associate Degree in Nutritional Medicine and Naturopathy, and with this plans to specialise in anti-ageing and disease prevention through diet.



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Mmm! TASTY SLIM-DOWN SECRET

How this antioxidant-rich superfood can help you blast more fat, curb cravings and boost your overall health.

BY MONICA BEARDEN, RD | PHOTOGRAPHY MAYA VISNYEI

Consider yourself a chocolate lover?

Good news. You may not have to keep it locked up any more when you're on a fat-loss mission. Not only has cocoa recently been applauded for its heart-health benefits and antioxidant content, a recent study published in *The Archives of Internal Medicine* reported that people who ate chocolate at least five times per week had a lower body mass index (BMI) than those who indulged in this sweet treat less often. The reason? While it hasn't been exactly determined,

preliminary animal studies point to the flavonoids in chocolate blocking the accumulation of fat in fat cells. So go ahead and sweeten your meal plan with this nutrient-packed dessert of the earth. Just remember, moderation is still key, so keep your cocoa consumption in check.

Torch More Calories

Indulging in a serving of dark chocolate with 70 per cent or higher cocoa content

provides more than half of your daily needs of the metabolism-boosting mineral manganese, along with 20 per cent of your magnesium needs. Just keep your portions to a square or two.

Fight Fat

Got a cocoa craving? Stir some all-natural cocoa powder into your shakes, yogurt or oatmeal for a dose of fat-burning flavonoids without the added sugar and fat of regular chocolate – plus, two tablespoons contain more free radical-fighting antioxidants than a three-quarter cup of blueberries.

Stress Less

Chocolate contains compounds that may help you calm down and slim down. A recent study showed that stressed-out individuals had

HAVE YOU HEARD OF CACAO NIBS?

These raw, hulled cocoa beans are being considered a powerful new superfood for their sky-high antioxidant levels and concentration of minerals and vitamins. Cacao has been linked to weight-loss and muscle-building benefits thanks to its high chromium content, a mineral that influences blood sugar and metabolism.

Try it! Cacao nibs are very bitter. Sweeten the deal with these quick recipe ideas:

1. Stir 30g into oatmeal with berries.
 2. Blend with skim milk, chocolate whey protein powder and ice.
 3. Dip whole strawberries in Greek yogurt, then roll in cacao nibs.
- Voila! Dessert without the guilt!

lower levels of cortisol, a stress hormone that can cause belly fat, after they consumed dark chocolate every day for two weeks.

Kick Sugar Cravings

Cocoa and dark chocolate are low on the glycemic index, meaning your blood sugar won't spike off the charts and lead to more sugar cravings. Research also shows that the

flavonoids in cocoa and dark chocolate can actually stimulate your body's cells to remove sugar from the bloodstream by lowering insulin resistance, and in turn decreasing your overall blood sugar levels.

Control Appetite

Just a whiff of chocolate can quash appetite, according to a study from the

Netherlands, in which women ate, and later just smelled, 85-per cent dark chocolate. Both eating and sniffing the chocolate produced similar appetite-suppressing effects.

FIVE MORE DELICIOUS WAYS TO BURN FAT

/PUMPKIN SEEDS/ Also called "pepitas," tossing a small handful of these onto a salad adds metabolism-boosting magnesium and fibre to help regulate insulin levels and prevent fat storage.

/CHAMOMILE/

Sip this herbal tea before meals to stimulate gastric fluids that may help break down fat and cholesterol. Chamomile's calming effects may also help lower your levels of the belly fat-causing hormone cortisol.

/SARDINES/

Fish rich in omega-3 fatty acids help lower your body's levels of leptin, a hormone found to affect whether your body stores fat or burns it. Animal studies suggest that lower levels of leptin result in a higher metabolic rate.

/BLACK BEANS/ The slow-digesting combination of high protein and fibre in all beans will have a metabolism-boosting effect, but black beans in particular pack some of the most fat-burning flavonoids in the bean family.

/LOW-FAT KEFIR/

A three-quarter-cup serving of this "liquid yogurt" provides more than 20 per cent of your daily needs for calcium, a mineral that suppresses the release of the fat cell-producing hormone calcitriol, and promotes fat breakdown. ■

TIP:
TRY SNIFFING
A CHOCOLATE-
SCENTED CANDLE
OR WEARING
COCOA LIP BALM
WHEN YOUR
SWEET TOOTH
STRIKES.

TIP: ADD
UNSWEETENED
COCOA TO BAKING
FOR AN EXTRA TWO
GRAMS OF FIBRE
PER TABLESPOON.

17

Percentage fewer calories consumed during a meal following the consumption of dark chocolate, according to Danish researchers. Dark chocolate tends to have a stronger satisfying effect than milk chocolate.

TIP: FIND CACAO NIBS AT A LOCAL HEALTH FOOD STORE.

EAT FAT, GET SLIM

Wow!

Chocolate Peanut Butter Cake

READY IN 4 HOURS • MAKES 16 SERVINGS (SLICED LIKE A PIE)

Olive oil cooking spray

½ cup honey

2 egg whites

1 cup whole wheat pastry flour

1 tbsp baking powder

⅓ cup all-natural peanut butter

2 tsp pure vanilla extract

½ cup unsweetened cocoa powder

¾ cup unsweetened applesauce

1. Line the bottom of a slow cooker with parchment paper cut to fit. Lightly coat with olive oil cooking spray.
2. Combine honey and egg whites in a bowl, mixing well. Add remaining ingredients and blend until smooth. Pour batter evenly into slow cooker and cook on low for 4 hours, or until a knife inserted in the middle comes out clean.
3. Top each slice with a dollop of peanut butter.

Nutrients per serving: Calories: 104, Total Fats: 3 g, Saturated, Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Salt: 123 mg, Total Carbohydrates: 19 g, Dietary Fibre: 2 g, Sugars: 10 g, Protein: 3 g, Iron: 1 mg

SKINNY MS. TIP!
Be frugal with your portions: a dollop should be no more than a tablespoon.

Angel Hair Puttanesca with Baby Spinach

READY IN 2–3 HOURS • MAKES 5 SERVINGS

225g whole wheat angel hair pasta

1 tbsp extra virgin olive oil

⅓ cup white onion, diced

3 cloves garlic, minced

1 tbsp capers, drained

1 tsp anchovy paste

1 tsp dried oregano

¼ tsp red capsicum flakes

¼ tsp black capsicum

2 x 410g cans fire-roasted tomatoes

1 cup baby spinach, loosely packed

1. Add pasta to slow cooker – break in half to fit, if necessary. Add oil to a small pan and sauté onion and garlic over medium heat until tender, about 5 minutes.
2. In a large bowl, combine sautéed onions, garlic and all remaining ingredients except spinach, and mix well. Pour ingredients over pasta, ensuring pasta is thoroughly covered with sauce. Cover, and cook on low for 2 to 3 hours, or until pasta is al dente.
3. Add spinach in the last 10 minutes of cooking, and stir until wilted.

Nutrients per serving: Calories: 250, Total Fats: 4 g, Saturated Fat: 0 g, Trans fat: 0 g, Cholesterol: 0 mg, Salt: 610 mg, Total Carbohydrates: 44 g, Dietary Fibre: 6 g, Sugars: 7 g, Protein: 8 g, Iron: 2.5 mg

“IF EVER THERE WAS A DISH WHERE
**ALL THE FLAVOURS OF VARIOUS
INGREDIENTS COME TOGETHER** TO CREATE
A PERFECT BALANCE, THIS IS IT!”

"IF YOU LIKE TO COOK IN LARGE BATCHES AND FREEZE LEFTOVERS FOR NO-FUSS MEALS, THEN IT'S BEST TO CHOOSE A LARGER 5-6 LITRE SLOW COOKER."

— GAIL COMPTON

SKINNY MS. TIP!

Chop, dice and slice fresh vegetables and herbs, and freeze enough for a week of slow-cooking recipes.

Chicken, Sweet Potato & White Bean Chilli

READY IN 6–8 HOURS • MAKES 6 SERVINGS
RECIPE COURTESY OF KATIE CAVUTO BOYLE, RD

1 cup dried navy beans (soak overnight and drain)

4 cups low-salt chicken broth

2 cups sweet potato, peeled and cubed

1 onion, chopped

3 cloves garlic, chopped

670g boneless, skinless chicken breast, cut into cubes

2 110g cans roasted green chillies, drained

1 tbsp ground cumin

1 tbsp dried oregano

1 tsp coriander

½ tsp cinnamon

2 cups kale, chopped

Sea salt and capsicum, to taste

1. Place beans in the slow cooker with enough broth to cover 25mm. Top with the sweet potatoes, onion, garlic and chicken.

2. Add remaining broth, chillies and seasonings, except salt and capsicum. Cover and cook on low for 6 to 8 hours.

3. Once cooked, season with salt and capsicum. Stir in the kale and cook another 10 minutes until wilted. Serve.

Nutrients per serving:

Calories: 380, Total Fats: 5 g, Saturated Fat: 1.5 g, Trans Fat: 0 g, Cholesterol: 95 mg, Salt: 640 mg, Total Carbohydrates: 37 g, Dietary Fibre: 12 g, Sugars: 5 g, Protein: 46 g, Iron: 5 mg ■

Eat out and still lose weight



SOCIALISING AND DINING OUT SEEMS IMPOSSIBLE WHEN YOU'RE DIETING, WHETHER TO LOSE WEIGHT OR YOU'RE ON A SPECIALISED DIET. WE'VE FOUND THE STEPS YOU CAN TAKE TO ENSURE THAT YOU CAN STILL ENJOY EATING OUT WITHOUT THE BLOWOUT. WORDS BY JOANNE PRIOR



YOU'VE BEEN COMMITTED TO YOUR DIET FOR A FEW WEEKS NOW AND YOU'RE LOSING WEIGHT. THERE'S JUST ONE DRAWBACK: YOU'VE BEEN AVOIDING EATING OUT BECAUSE YOU DON'T WANT TO BLOW YOUR DIET.

But your family and friends are starting to pressure you to, "come out and eat with us!" You'd love to go but you don't want to overeat. You feel stuck and you don't know what to do.

It's hard to say "No" to a nice meal out, but when your heart is torn between wanting to achieve your weight loss goals and special time with your family and friends it is hard to know which direction to head in. Would it be better if you could go and make good choices that complemented your weight-loss goals? Would it be even better if you could eat out at any type of restaurant, keep losing weight and have the skills and abilities to never gain the weight back? Er, we think so!



8

Our eight steps to 'Eat Out Lose Weight' to help you achieve this goal!



Step 1: Pick protein

Look for options that have lean protein foods like, chicken breast, seafood and fish. Make sure they are not deep fried, smothered in butter or cream or cheese. Look for grilled, char-grilled, baked or fresh (if it's seafood!!)



Step 2: A side of salad

Salads are your friends. Just make sure you ask for the dressing on the side. For some dressings are so loaded in fat you might as well of had a serving of hot chips instead.



Step 3: Or go for the veg

If a salad doesn't appeal then look for steamed vegetables as a healthy dish. Make sure they too are not served with a slab of butter for again you don't want lean foods to turn into fat foods.



Step 4: Create your meal

The lean protein serving and the salad or steamed veggies will make up your meal. These are the staples of your diet if you want to look and feel lean and gorgeous.



Step 5: Perfect your portion sizes

When you're tucking into your protein food remember to eat as much as you could hold in the palm of your hand. It's tempting to eat the lot, but smart portion sizing keeps you on track to achieving your weight-loss goals.



Step 6: Ask for an extra serving

Go crazy with the salad or steamed vegetables. If you need to ask for an extra serving of either with your meal to just bulk your meal out then do.



Step 7: Skip the entrée

Save your appetite for your main meal – it's where you get all your nutrients from, and it'll fill you up.



Step 8: Skip the sweet stuff

You don't need dessert. It's as simple as that. Eat real food, not processed rubbish. And remember, if you'd like a coffee or a decaf or a tea then do, with skim milk and give the accompanying chocolate or biscuit to your dining partner.



Step 9: Remember to enjoy it

You're changing your eating habits, not your entire self. If you enjoy eating out and socialising, then it's possible to do so, just keep these wise choices in mind.

Did you know...

Restaurant food can contain up to 30 per cent extra calories due to the oils, serving size and additional fatty ingredients



4 WAYS TO AVOID DIETING-DINING DISASTER

1. Never go to a restaurant hungry – eat before you leave if you must.
2. Avoid the bread basket.
3. Avoid the white carb options.
4. Eat slowly – it can take up to 20 minutes for your mind to register you're full.



ABOUT JOANNE PRIOR

Joanne is a specialist who will help you truly understand how to think and how eat in order to achieve the greatest weight loss you're capable of. Find out more or contact Joanne via www.joanneprior.com

ACCURATE BODY FAT TESTING BOOSTS MOTIVATION

Accurate body-composition testing is the key to staying on track with your goals.

WORDS BY PETER MIRAN

IF YOU WANT TO KEEP MOTIVATION HIGH, MAKE SURE THE TESTING OF YOUR OWN, OR YOUR CLIENT'S BODY FAT, IS AS ACCURATE AS POSSIBLE, SAYS PETER MIRAN

I was 16 when I first joined a gym. It was 1992 and body-fat percentages were diagnosed using calipers to measure skin-folds. Even as I experienced my first skin-fold test, I recall wondering how accurate this method could be. After all, people carry body fat in different areas and there are only so many skin-folds you can measure without it becoming a tedious – not to mention, invasive – process!

The fitness industry has come a long way since then. Gym equipment is better engineered and machines are more bio-mechanically sound, now based on the activity of natural movement patterns. Most machines are unilateral, allowing each limb to work independently, enabling better results. However, there are still many professionals who endorse the use of calipers to measure body fat.

I recently sent a new client for a body-fat test with Dr Kate Greenway, a specialist in radiology who works with DEXA (Dual Energy X-ray Absorptiometry). The results of the super-accurate DEXA scan compared to those of the standard caliper test, conducted by a reputable practitioner just weeks before, were significantly different. The inaccuracy of the measurement from the calipers was nearly seven per cent.

THE PROBLEM WITH CALIPERS

1. It is difficult for a novice to grab equal-measured spots each time, which compromises results unless you have an experienced coach who can measure you accurately.
2. Genetics and lifestyle mean we don't all store fat in the same regions of the body.
3. Physiological and biological responses, such as insulin resistance and release of the stress hormone cortisol, alter where fat is gained or lost.
4. Finding enough skin-fold points for an accurate test is a lengthy and near-impossible process.
5. Every trainer or coach will have a different perspective on how to measure the point used, so accuracy is an issue when you don't have the same person testing you each time. Even if the same person conducts subsequent tests, they will assume the location of the previous test points, which may not give an accurate review of any changes.

HOW TO ENSURE BODY-COMPOSITION ACCURACY

A person's fat deposits (and lean-mass) alter week on week depending on lifestyle activity, what is occurring physiologically and biologically (such as stress hormones, which play a big role in where fat is gained or lost), and training specificity. Caliper testing does not take into consideration a person's lean mass, bone density, the fatty tissue around the organs and intracellular and subcutaneous water-retention, and whether they are well hydrated – all

of which are variables that can affect a test's accuracy. Taking all this information into consideration, perhaps it's time to outsource testing to someone with experience of using accurate body-composition testing machinery or to purchase the machinery yourself and learn how to conduct the testing within your own facility – especially if you're running a business that specialises in metabolic improvement.

WHY CHOOSING DEXA WILL GIVE YOU GREAT RESULTS

Accurate body-composition assessments are vital to monitoring growth, training outcomes, the health and nutritional status of athletes and health enthusiasts as well as suffering patients. The DEXA machine is the world's best body-composition machine. It tests everything from fat-mass, lean-mass, bone-density, symmetry (left and right), organ fat and water retention, plus it provides whole and regional body-composition assessments of an individual's body. It's extremely accurate and the X-ray dose is very low; less radiation than that acquired in plane journey from Melbourne to Sydney. A DEXA scan provides a host of intricate data, but here are the main points relative to the athlete undergoing the scan to attain data that is pertinent to their particular needs.

What you'll see: You'll see the visual aspect of the body and its composition. It gives a clear outline of the skeletal system – how it looks stripped of mass and the structure you have to work with. It also gives coloured visuals of lean mass and body fat. This shows exactly where muscle is and stored fat is, including fatty deposits around the organs.

This is ideal for spotting a fatty liver – early detection here can be life-saving.

Body-composition: You will get a reading of the total body, which means you'll be able to see the region and its tissues. If you have an understanding of the endocrine system, you can make accurate figures on why there is fat in some areas. Another advantage is to assess postural dysfunction and imbalances, so you're able to rectify the correct areas. For instance, if the left leg has far more hypertrophy than the right leg, you can start addressing this in-balance with training protocol; you may implement unilateral work and assess the strength difference from one side to another and try and bridge that gap with different training methods.

Fat percentages: The scan gives a total body-fat-tissue percentage, total mass (lean muscle) weight, overall tissue weight (lean and fat weight in total), fat weight, lean mass weight and fat-free weight (lean mass, bones and organ weight without fat).

Plus there's a breakdown of body-fat percentage regions; android (centric fat distribution patterns with increased dispositions towards the abdominal area), and gynoid (fat distribution referring to the hips and thighs). Android/Gynoid ratios provide a good understanding of where the comparative fat is being distributed and why. Often this can lead us to issues within the body such as insulin resistance and the release of stress hormones.

TAILORING DEXA STATS TO A CLIENT'S NEEDS

Since introducing the DEXA scan into my programming and nutritional consulting,

I've been able to offer a greater quality of service, by providing meaningful data to the client and offering incremental targets according to the results of their scans. By having this information, it drives the trainee to aim for new targets that will be represented in the next scan.

Understanding the lean mass of a male or female has enabled me to caloric nutrition over a daily period that encourages either a calorie deficit or surplus. And knowing the amount of contractile tissue (tissue that has function) has allowed me to more accurately assess the amount of food a client or patient needs to be eating to get to their goal or objective in the quickest time.

Lean mass statistics also enable a coach to devise correct training systems and goals. Knowing that an athlete has more hypertrophy in the trunk in relative comparison to the thighs will enable the coach to make appropriate adjustments to their programming. They'll be able to start correcting that asymmetry, especially if it is an athlete that requires more strength in the legs for performance, or more hypertrophy in the legs for aesthetics

WHAT THE ATHLETES SAY

"The DEXA scan revealed that I have near-perfect symmetry, apart from my right leg being bigger than my left, meaning my training technique is a little off in this area. So at my next scan, I will be able to see if the work I have done to improve this area has paid off. I don't think

any body-builder can prep effectively without having the benchmark that is achieved with a DEXA scan." Chelley Jones, bodybuilder

"I've had my body-fat measured using calipers and scales, but have always questioned the accuracy. The DEXA scan gave me the whole truth – a total body scan with true readings. Finally, I'm at peace with my personal goals, and the scan results have enabled my trainer to tailor a program and nutrition plan for my specific body." Karen Nardo, experienced trainer

"A DEXA scan every five weeks prevents me from having cheat meals, as I know that any deviation from my diet will be evident in the cold hard facts of the scan. It also pushes me to get the most out of my workouts, so I can see the increase in muscle-mass in the next scan. As a result, I'm the most disciplined and motivated I have ever been reach my goals." says gym goer Alex Teneketzis



PETER MIRAN

Peter Miran is the founder of Peter Miran Sports Science Institute. Peter is a sponsored champion athlete holding multiple bodybuilding titles, including the NABBA/WFF Mr. Australia. He has been featured as a fitness model in many Australian Fitness magazines. Peter has worked as an Exercise Physiologist consulting with world-renowned physicians in the areas of disease prevention and cure, is the former editor of Australian Ironman, and a highly successful coach. He has worked with scores of elite athletes, physicians, personal trainers, AFL coaches and nutritionists, high-profile Australian celebrities, performers, sports models, and some of Australia's most successful businessmen. He boasts a record of ambassadors that happily represent his business, and testify to his work. Peter has been actively working in many facets of health and fitness spaced over 15 years. For more information and to have access to Dr. Kate Greenway's DEXA scanning consultations at the Carlton Football Club (Dr. Greenway has the radiation management license and a user's license and has been conducting scans for over 17 years) contact Peter at peter@petermiran.com

The five signposts to success

WORDS BY GEOFF EDWARDS

ARE YOU TOO BUSY TO NOTICE THE SIGNS THAT LIFE PLACES ALONG YOUR WAY TO SHOW YOU THE PATH TO TRUE SUCCESS? WE FIND OUT HOW TO SLOW DOWN AND LOOK FOR THE MESSAGES

1. WHERE ARE YOU RIGHT NOW?

To become aware of your true purpose in life it is important to reflect on your life as it is right now. Are you are satisfied with the progress you are making so far, or do you need to create a change? Examine the trends that have occurred in the past, and what this has shown you in terms of how focused you have been: what has worked or not worked?

Write down:

- ☐ Your achievements to date
- ☐ What you enjoy doing
- ☐ The critical crossroads in your life
- ☐ The challenges you have experienced
- ☐ How you look after yourself
- ☐ How you handle stress
- ☐ What motivates you
- ☐ What you want your life to be about

What patterns have emerged? Can you see activities or areas of your life you enjoy the most (or did once)? And, most importantly, what are the bigger messages and signposts for you?

2. INCREASE YOUR AWARENESS

One of the first steps to change is to increase your awareness by noticing your

thoughts, feelings and emotions. At least once a day, for 5-10 minutes, practice awareness of any experience. "Watch" whatever thoughts, feelings, evaluations, memories, sensations etc., come up, without consciously trying to influence your thoughts. When you start looking "from" your thoughts or looking "into" your thoughts, bring your attention back to "watching" your thoughts. Let them come and go as they please. Accept all parts of your experience. However, don't take the content of your mind seriously – your sense of self does not depend on it: there is a deeper inner place where your true self resides. By distancing yourself from your thoughts, your mind will become calmer, your ego loses its power over you (which means that you become free from futile thinking), worries, and restless thinking. Awareness goes beyond thinking. At such times, the spirit within you - the real you - is not hindered by your mind, your thoughts and your desires. New perspectives will arise in line with your

true self. Another way of increasing your awareness is by gathering information on your achievements on a regular basis and to seek views from others about issues that have arisen, or about your performance. Quite often this closes the gap on your preconceived views, enables you to adjust where appropriate and to become aware of the amazing potential you have to offer.

3. KNOW YOUR STRATEGY

Imagine that your life is a movie. You have written the script, you're certain about your production and ready to direct your life. However other 'stuff' also turns up: challenges, issues and fears. Each and every one of these challenges can also be represented as a movie in our mind, which have either moving or still pictures, sounds and feelings. It is important to review the pictures you paint for yourself, your internal dialogue, and the tone that you speak to yourself and others, as the pictures you draw drive the thoughts you have.

To achieve success with your own life movie ensure that you reframe the current challenging picture, change its state, and store it far away. In its place you can have your very own inspiring movie, starring, you! Successful people tell exceptional stories and create inspiring movies for themselves - amazing pictures, empowering words and uplifting music and you can do the same. Allow this new movie, starring you, to flow into your subconscious.

*"Don't let
the busyness
of life drown
your true
purpose"*

“By being in tune with your emotions, your physiology and what drives you, you can empower yourself.”



PHOTO CREDIT SHUTTERSTOCK.COM



"having a support network on your journey to success, you will increase your drive and motivation."

Overall, the best films are enhanced by a cast of charismatic characters, so take time to connect meaningfully to your supporting cast. Your film will be more delightful when filled with family and friends.

4. BUILD PEAK PERFORMANCE

You can now start to develop your own "Peak Performance". The foundation for your performance comes from your identity, values and needs. According to psychologist Abraham Maslow, a hierarchy of needs was identified, beginning with basic needs such as food, clothing, and shelter and moving through to self-actualisation. When we know this, we have an understanding on how to manage ourselves and what we need in our lives. Also, if you have unmet needs and they are not satisfied, these needs could become suppressed and

people sometimes resort to other things as a "cover up" i.e. alcohol or smoking. We can also find opportunities to pass on this "shadow effect" of unmet needs to others which can cause issues in relationships. So, it is important to allow all your needs to be satisfied, as this is your true character.

Another important aspect of Peak Performance is your emotional being and how you feel on a daily level. By being in tune with your emotions, your physiology and what drives you, you can empower yourself. It's important to take note of how you feel each day and whether you are totally driven, or distracted, and to note what distracts you. Also, what are your beliefs, attitudes and behaviours when you are feeling distracted? Knowing your regular patterns of behaviour and how you operate, leads you to new awareness and growth. Studying and practising

the habits of successful and driven individuals creates the right mindset for success. In addition, arranging a support network to assist you on your journey to success can increase your drive and motivation.

5. SEEK SUPPORT

The key to high performance and sustained success is to have a support network around you of like-minded people. Sometimes when we change, we may notice that others may react negatively. This doesn't mean that we shouldn't continue the change process. Perhaps it may mean that we could align with new and supportive people. In addition, by having a support network on your journey to success, you will increase your drive and motivation. This can be a partner, coach, personal trainer or attending group fitness class in the case of exercise goals.

How to discover your signposts to success:

- » Be aware of your interactions, thoughts and feelings
- » Be in the present moment
- » Take time out
- » Record messages in life
- » Develop your vision
- » Build your personal power
- » Use a coach to alter your strategy



If you would like to accelerate your journey to success, contact the author on geoffedwards@bigpond.com. Geoff Edwards is an internationally accredited Life Coach with more than 25 years of coaching experience. He can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com or through his website www.geoffedwards.net

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No more excuses!

WORDS BY TONIANN ROTANTE | PICTURES BY JAMES PATRICK

WHETHER YOU'RE ON THE ROAD, OR JUST PRESSED FOR TIME, THE FULL-BODY TRX CORE BLAST IS YOUR NEW BEST FRIEND. WE TEST DRIVE IT TO FIND OUT IT'S POWER.

The easiest way to stay on track while you are travelling the world is to buy and pack a TRX. You know those black and yellow straps you've eyed up at the gym but probably haven't realized their full potential? Yes, those! So what is TRX? It's a full-body strength workout that utilises a person's own body weight instead of relying on machine or dumbbells, it's ideal for endurance athletes, power lifters and even fitness newbies. It gives you a full-body workout, focusing on your core and using your own body weight (rather than dumbbells). TRX enables you to have a cardio workout, resistance workout, muscle flexibility workout, and balance workout no matter where you are.

TONIANN ROTANTE

Toniann Rotante is a fitness blogger at www.LiftLoveLaugh.com. She has a master's of science in engineering with a concentration on biomechanics and works full time in the corporate world. She has been a nationally-ranked bikini competitor, commercial actress, print model, stunt woman and pageant judge on TLC's *Toddlers & Tiara's* to name a few. By sharing her experiences in her blog she hopes to inspire others daily, to show them it's not about the destination, it's about the journey.

Small workout, big results

A TRX workout leaves no room for excuses. As it enables you to complete a full body workout in a limited amount of time, your time spent exercising is reduced because it is extremely easy to move from one exercise to the next because only one piece of equipment is required.

Bio-mechanic research has even shown that using your own body weight helps tone the body even more than free weights do. The key to obtaining an overall

toned, tight physique is to do workouts that promote aggressive metabolic conditioning like the TRX. Lengthy transitions between movements can minimise overall results.

I've put together a Full Body TRX Core Blast workout below that will deliver your muscles the necessary blood supply to improve and grow. After all, isn't every woman's goal in life to have a rounder tighter backside and core?

HOW MUCH AND HOW OFTEN?

Try to incorporate this full body routine once a week into your weekly regimen. Begin with one round, and if you are feeling strong continue on for two, or even three rounds. Remember, switching up your workout routine and challenging yourself to try new things will not only keep you motivated but will also give you quicker and faster results.

The workout

- » 3 rounds, 15 seconds between exercises, 1 to 2 minute rest between rounds. You can also modify the workout by splitting into two circuits.
- » Circuit 1 will be the first four exercises (primarily standing)
- » Circuit 2 will be the last four exercises.
- » Perform each circuit two – three times, rest two minutes in between circuits.

Top tips

- Always remind yourself to push through your heels and squeeze your glutes
- Keep core tight

Balance Lunge

Target Muscles: Glutes, quads, hamstring, core

Set-Up (Right Leg): Hold TRX handles with palms facing down. Lean backward so TRX cables are taught. Raise your right knee [A]

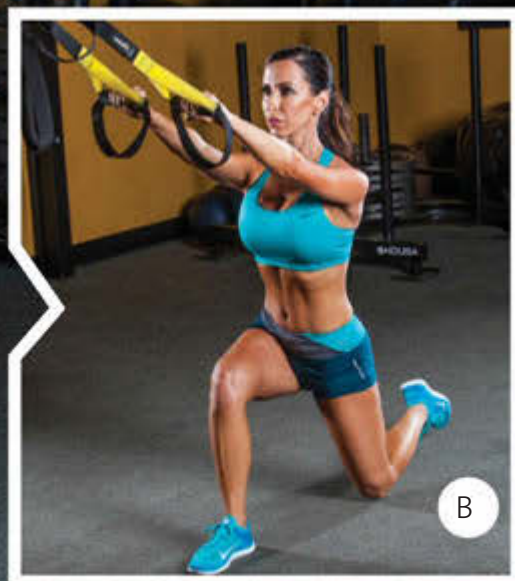
Action: Drive right leg back and lunge down until left thigh is 90 degrees with the ground [B]. Drive through left heel to stand back up squeezing the glutes for power

Tip: Don't extend your left knee past your toes.

Sets & Reps: 30 seconds on each leg



A



B



Top tips

- Always remind yourself to keep your weight in your heels
- Keep core tight

Jump Squat

Target Muscles: Glutes, quads, hamstring, core

Set-Up: Hold TRX handles with palms facing down. Lean backward so TRX cables are taught. Bend at your knees until you are in a squat position (Knees are in a 90 degree angle with the floor and are in line with your ankles). All of your weight is in your heels [A].

Action: Jump as high as you can go landing back in a squat position [B]. Keep weight in your heels, cables should remain taught.

Tip: Don't extend your knees past your toes

Sets & Reps: 30 seconds

Row

Target Muscles: Back

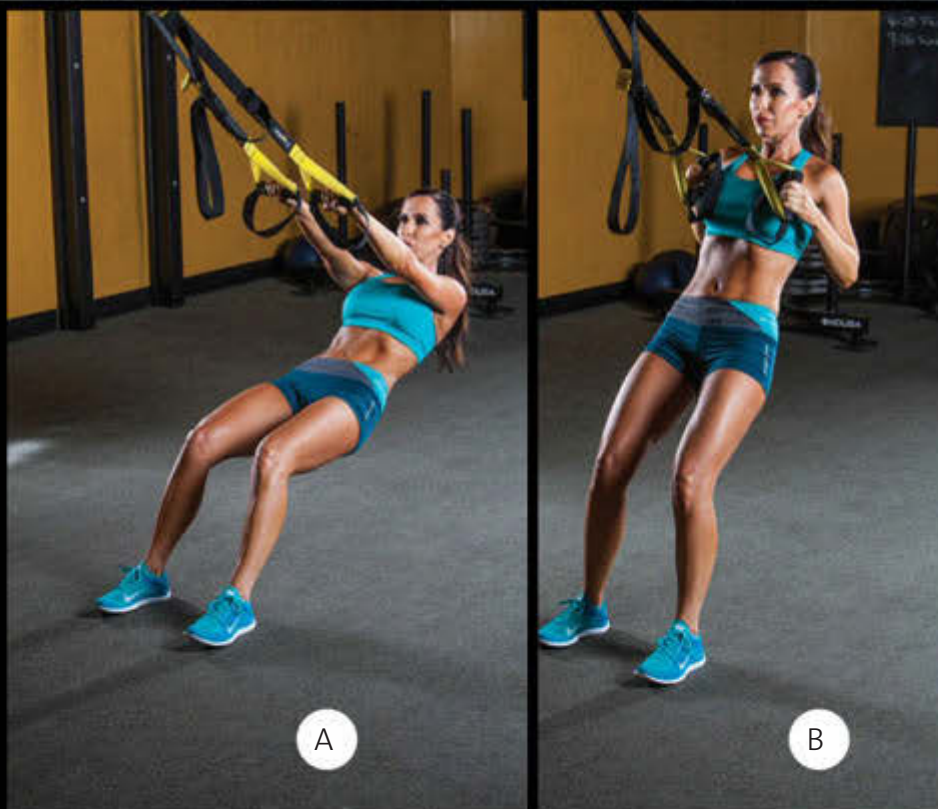
Set-Up: Grasp the straps with palms facing inward. Keeping arms straight, walk feet forward until straps are taught [A]. **Action:** Keeping core tight, pull your torso towards your hands squeezing your shoulder blades together [B].

Tip: Keep Core Tight, and don't arch your lower back

Sets & Reps: 30 seconds

Top tips

- Building your upper back can make your waist look smaller
- Building your upper body will improve your posture
- Having a stronger back is the key to rocking a backless dress



Hamstring Curl

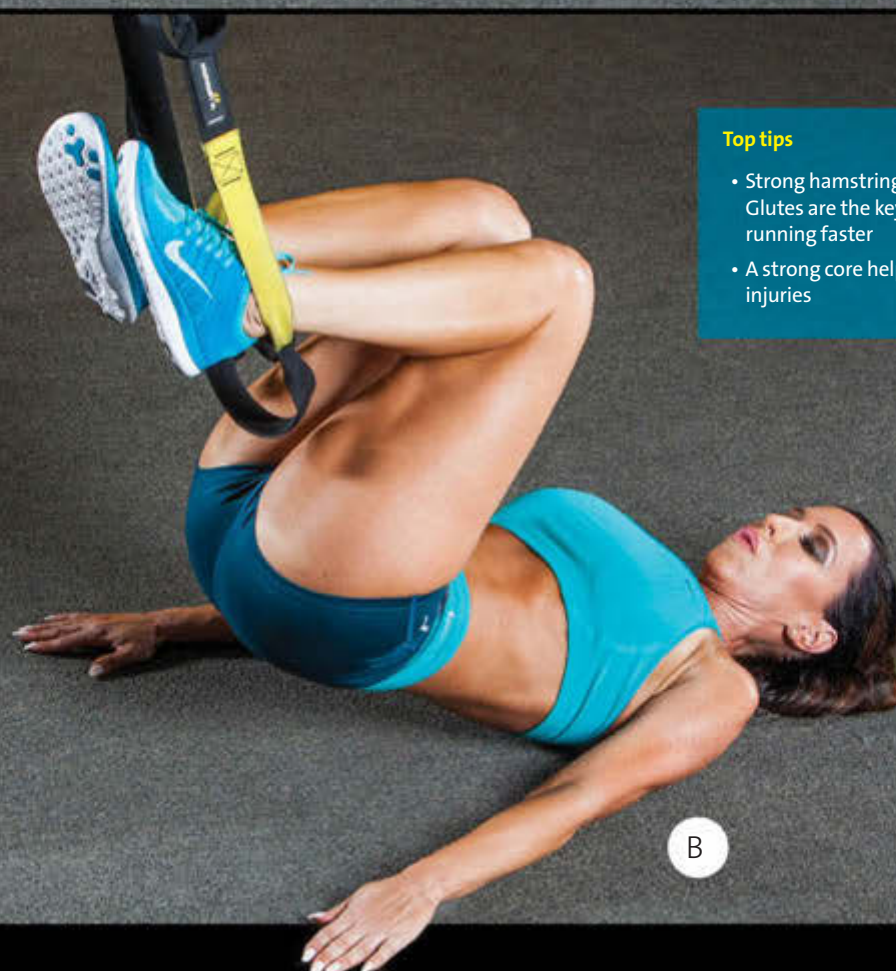
Target Muscles: Hamstring, Glutes, Core

Set-Up: Lie face-up with arms at side and palms flat on the floor. Place heels in the stirrups. Straighten legs and lift your hips off of the ground [A].

Action: Bend at knees bring your heels towards your glutes [B].

Tip: Keep Core Tight, and don't arch your back

Sets & Reps: 30 seconds



Top tips

- Strong hamstrings and Glutes are the key to running faster
- A strong core helps prevent injuries



Oblique Crunch

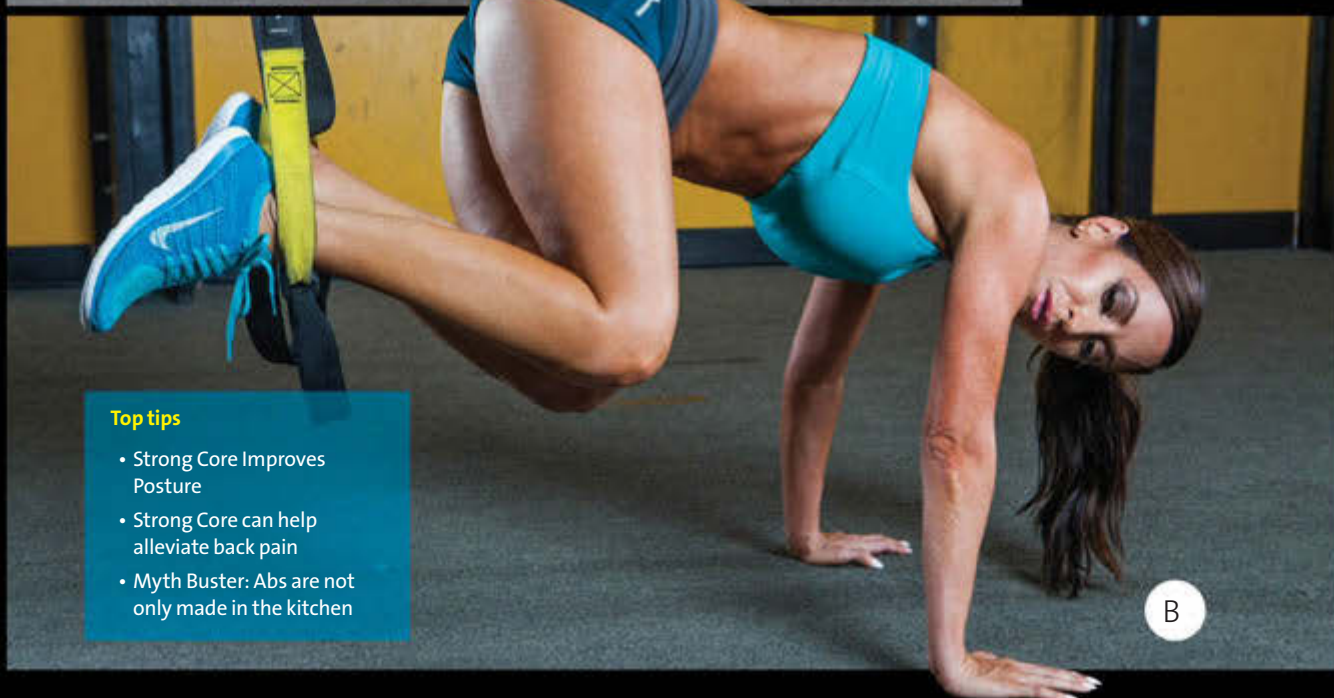
Target Muscles: Core

Set-Up: Begin in the plank position. Engage inner thighs to seal legs together [A].

Action: Drive both knees to your right shoulder while squeezing and engaging your obliques [B]. Return to a plank position and repeat on the opposite side.

Tip: Keep Core Tight, and don't drop your lower back.

Sets & Reps: 30 seconds



Top tips

- Strong Core Improves Posture
- Strong Core can help alleviate back pain
- Myth Buster: Abs are not only made in the kitchen



Push Up

Target Muscles: Chest, Shoulders, Arms, Core

Set-Up: Start In the Plank Position. Keep arms straight and abs tight

Action: Steadily lower yourself until your elbows are at a 90 degree angle or smaller.

Tip: Keep Core Tight, and don't arch your lower back

Sets & Reps: 10-12 pushups.

Top tips

- Pushups can help reduce bone loss
- Pushups can elevate your metabolic rate
- Myth Buster: Push ups do not make a woman's arms look manly

bulletproof coffee

WHY IS THERE BUTTER
IN MY COFFEE?

WORDS BY PETE TANSLEY



THIS ARTICLE FIRST APPEARED
IN THE MAY/JUNE ISSUE OF
MEN'S MUSCLE AND HEALTH
MAGAZINE.

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DESIGNER COFFEES: THEY'RE NOT NEW. Thanks to Starbucks, it's not abnormal for the person next to you to fork out their day's wage for their triple shot, sugar-free, chocolate-caramel, skinny-almond milk cappuccino prepared at a specific temperature.

The latest designer coffees are now appealing to the fitness-conscious. Bulletproof coffee especially has claimed to hit the jackpot with their blend of coffee, medium-chain triglyceride (MCT) oil and butter.

Leading this trend is the founder of Bulletproof Coffee, Dave Asprey. With a growing list of fans in the United States, Asprey is now aiming to win over coffee aficionados in Australia.

He claims that his Bulletproof Coffee, when mixed with butter or MCT oil, not only tastes better, but has been proven to assist brain function, increase performance, fight hunger signals, turn off your sugar cravings and boost energy levels. But is it all it's cracked up to be, or just another false claim?

IS THIS A NEW TREND?

Although butter, oil and coffee may sound like an unlikely combination, it has actually been consumed around the world for decades.

Asprey claims he thought of the idea when on a holiday, he discovered the Tibetans consume tea with yak butter at high altitudes. Ethiopians also commonly add butter into their coffee. And in Singapore, coffee beans are often stir-fried or blended with butter in a wok before being consumed. So although Bulletproof Coffee might be bringing the concept into the mainstream, it is far from an original idea.

THE TRUTH ABOUT BULLETPROOF COFFEE

To look at the how true the claims of Bulletproof Coffee are, let's look at each of the individual ingredients that make up the blend.

COFFEE

We understand that coffee is a known ergogenic aid with regard to both resistance and cardiovascular training and we also know that 2-3 cups per day appears to be both safe and beneficial.

Asprey claims that conventional, non-Bulletproof Coffee blends can have mould in them.

The concern is that the mould produces toxins that are bad for you. Asprey makes some fairly bold claims about the integrity of his beans, however fails to produce any scientific evidence. One of the claims about the superiority of his beans is that the packaging is free from Bisphenol-A (BPA).

BPA is a compound used in polycarbonate, a different type of plastic that is sometimes used in bottles, the lining of metal cans, and reusable bottles. The packaging used is free from any BPA, which is a positive. But what about the other toxins that Asprey is referring to?

They're called aflatoxins, which are indeed toxins, and are produced by the mould *Aspergillus flavus*.

This mould grows worldwide in soil, plant and cereal crops naturally. It's literally everywhere and you've been living with it practically all of your life – just not in any quantities that are likely to cause any diseases to humans.

The mould can cause a disease known as aspergillosis, which the Bulletproof coffee website links to heart attacks and aortic infarctions. However, aspergillosis is caused by an overgrowth of the actual *Aspergillus* mould, and not the toxin.

So Asprey makes a bold claim to suggest that non-Bulletproof Coffee is the cause. The truth is, if aspergillosis is coming from your coffee, you've got bigger problems than what coffee you decide to drink.

MCT OIL

The next ingredient in the coffee cocktail is the oil, generally coconut oil. Medium Chain Triglycerides (MCT) surged onto the dietary scene promising rapid weight loss and even prevention of heart disease. The truth is they are not going to make or break your body composition goals. The results may be modest at best. But you knew that already, right? The only "magic pill" for body composition is the correct meal plan, training plan and lifestyle strategies specific to each client, instead of one single ingredient.

Coconut oil does have health benefits. It contains a saturated fat named lauric acid, which is a type of MCT that has been shown to increase the good HDL cholesterol, and may help to improve cholesterol ratio levels.

It can potentially lower cholesterol by promoting its conversion to pregnenolone, a molecule that is a precursor to some hormones that our bodies require. It is also possible that the MCTs in coconut oil might make our bodies more efficient at burning energy.

Many of Asprey's claims on MCT are backed by only anecdotal evidence. So you may possibly get a quick source of energy, you may be consuming a product that boosts energy expenditure, you might get some appetite suppression, and you might possibly get increased ketone production.



While all of this may assist your performance goals, there is a lack of genuine proof for these claims.

However, if you like the taste of the oil, and can make the switch to coconut oil where you can, there will be mild benefits. It can be used in cooking, and may allow slightly more fat loss than other oils.

BUTTER

Asprey claims the butter makes for a healthier, creamier and "more satisfying" brew.

Critics are concerned with the saturated fats as Asprey recommends mixing in as much as 80g of butter into each coffee – that's a third of a regular slab!

Some studies have shown that saturated fat is actually good for you. One such study, performed by the Children's Hospital at the Oakland Research Institute in California, found that there is no difference in the risk of heart disease between people who consume large or small amounts of saturated fat.

However the claims that butter will assist physical and mental performance are, once again, lacking credible studies.

THE FINAL SIP

Despite the Bulletproof Coffee website boasting a "Science and Research" tab for every page, there is a real lack of proper scientific research – only claims. So while there are some benefits of coffee, MCT oil and butter, direct studies relating to training performance or even brain function are few and far between.

The best advice? Listen to your palate. If drinking Bulletproof Coffee is an enjoyable experience for you, carry on. However, for now there's little to suggest turning to the blend for performance increases alone. As always, it is best to follow a well balanced meal plan. Scientific studies aside, the best "test" for any diet or meal plan is to check in with your own objective measures, and review them regularly.

Pete Tansley is a writer, personal trainer, business owner and proud dad. Tansley owns and operates www.PeteTansleyFitness.com, a training and online coaching company, where he has helped hundreds of clients lose weight and turn their health around.

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Fit Mum's Reflection

WORDS BY LESLEY MAXWELL

WHAT CAN I SAY ABOUT EXERCISE AND MOTHERHOOD? SURELY EVERYTHING HAS BEEN COVERED NOW: FROM PREGNANCY TO THE YEARS BEYOND.

Every conceivable exercise (excuse the pun) has been answered, with the various ways and methods of getting a girl back into tip-top shape after having children. Then I had a rethink and decided to share my thoughts in reflection of being a fit mum myself, and the powerful influence we have on our children's lives from birth and beyond. I have three grown up children and having children is a part of my life I wouldn't have missed for the world!



PHOTO CREDIT SHUTTERSTOCK.COM

You mightn't be aware of it now but everything you do for your children regarding nutrition is creating a pathway for their future relationship with food. As women (and in some cases dads too) we are usually the home makers and in charge of what our children eat. We are the ones who have the day to day choice with the family meals. Children really just eat (or become familiar with) the food and meals they are given at home and their tastes and thoughts on food stem from a very early age.

Children are fantastic learners, who learn by example, so it's up to you to lead the way when it comes to eating clean fresh food. This will set the pathway with nutrition your child can follow throughout life. It's quite a powerful role when you think about it!

When my children were young I was passionate about clean, healthy food. Opting to feed my kids fresh goat's milk rather than use formula when I went back to work... perhaps I went too far! Yes - I do get teased by my lovely daughter about the brown avocado mash in her wraps I packed her for school lunches, as it had gone brown before she ate it. I haven't been perfect but kept to my passion of clean and healthy food and am so proud that my children have kept a healthy method of eating well into their adult lives. I was always a working Mum and found there are easy ways of juggling your time to still be consistent with a healthy lifestyle.

Some of my methods are:

- Blending your healthy meals for your toddler and even freezing for a later date.
- Preparing school lunches the night before.

- Using a slow cooker - place some ingredients into your pot and a lovely meal appears as if by magic!

I often hear my clients mention that they 'Only ate the chocolate/ice cream/lollies/ junk etc. because it was there' and when I ask 'Why is it there?' the answer is 'It's for the kids!'

I do understand that kids like to have a 'treat' occasionally, but when it's used as a regular basic food I'm amazed.

Without sounding too judgemental I have known some families who feed the kids one type of meal such as fish fingers or sausages and then have more nutritious meals for the adults. Personally I feel this sets up boundaries, which may prevent your children from enjoying more nutritious meals.

"Try to make family meals the everyone will enjoy. Even if you eat at a different time to your children try to ensure they are eating the a same food as you are."

For younger children, blending some of the meal is easy and their taste buds become accustomed to the taste of 'real' food.

Involving your child in shopping, preparing meals and praising them when they make healthy options is a great way to lay the foundations to good eating habits. A little trick of mine when food shopping with my children was to say they could have anything in the supermarket that didn't contain 'numbers' (artificial

additives and preservatives) so we would end up only buying fresh foods. This made them aware of additives and preservatives from a very early age. Encourage your children to eat from the fridge rather than the pantry as fresh food and healthy leftovers are more nutritious than packaged foods from the pantry.

The saying 'you're just like your mother' is often true. We tend to emulate our parent's behaviour when it comes to both eating and exercise.

Parents have the largest source of influence on their child's life and can shape their physical activity as well. You don't have to make a big deal about exercising, as it's easy enough to build into everyday life. I'm not speaking of body obsession where you make your child aware of their weight, or how they look, but

inform them about healthy movement which is good for both body and mind. Simple things like going for walks and exposing your child to participate in sport - not just to be successful, but for all the benefits exercise has to offer.

Please don't forget about yourself in your quest to become a great mum - as making time for yourself with training will ensure you're healthier and happier and you'll have even more to give!

Come visit me at www.ouifitness.com.au



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How much do your *emotions* *weigh?*

SHIFTING THOSE EXTRA KILOS MAY NOT BE ABOUT PUTTING IN EXTRA WORKOUTS IN THE GYM, BUT SPENDING SOME TIME LETTING GO OF SOME EMOTIONAL BAGGAGE.

WORDS BY GREG DOLMAN



If fat loss is one area that you're not achieving in, or not achieving fast enough, then there may be a chance that you are holding onto your body fat for emotional reasons. The question is: are you ready to let go of that emotional weight, forever?

As a fitness professional weight loss – emotional or literal – is the number one hurdle my clients want to achieve. However, it's not as simple, or as black and white as following a diet, or a new training programme. A lot of our personal troubles come from how we think of ourselves or our concern of what others think of us.

WHICH EMOTIONAL GROUP DO YOU BELONG TO?

"I put myself first"

These are great people to be, or have, around you. They put themselves first and are generally the type whose issues are generally confined to their minds. Having very firm boundaries is also a common trait. This type of person is not too concerned with what others may think of them, because "it's all about me"! If this is you, your friendship group is generally positive and supportive and others may be drawn to you to bask in your energy.

On the down side, you may have a tendency to control things – whether it's others, events or emotions and you feel uneasy when you're not in charge.

Health effects: as the energy is mainly confined to your head, this can lead to an energetic imbalance which can literally cause a headache, or regular headaches.

What you can do: Get grounding. This is about more than getting your feet dirty. It's about acknowledging how the earth feels on our bare feet, whether it's water, soil, sand, or grass. This activity keeps your mind in the 'moment', which is a far different place to where you may generally reside, which is usually in the past, or in the future.

"I put myself first, but only if it's okay with others"

If this resonates with you, you may like to put yourself first, but also spend time wondering what others may think of them.

TURN THE PAGE FOR MORE ▶

And it's this consideration of other's opinions which tends to give you the most grief. Nothing upsets this type of person more than the thought that someone doesn't like them. 'What have I done to make them think like that?' is a fairly regular question you may ask yourself. This second group generally has (unconsciously) not set personal boundaries. Because of this, they will feel used by some people, but not by others. Remember, if there is a lack of respect for self, then this lack of respect by others is just a mirror reflected for us to learn from.

Health effects: poor diet or lack of routine which can lead to some health problems.

What you can do: Remember the 'three selfs': Self respect, self confidence, and self worth!

"I'm too nice"

You're a lovely person and good to have around especially if you are the type of person who feels they need to please. However, this niceness is usually taken for granted and you can be or feel taken advantage of. Unfortunately for you, you may feel or become used and abused by others who are not respectful about abusing another person's boundaries. If we don't have personal boundaries, subconsciously we feel that we are being attacked.

Health issues: Body fat is a layer of protection that assists us to take the (emotional) external blows from others. The more we feel we are being attacked, the more layers of protection we need. The fact that you do not put yourself first is certainly going to be mirrored by some one who will not have a your feelings a priority.

What you can do: Try meditation or cognitive behavioural therapy. This can help you break the cycle and rid that dead wood from your life, once and for all. It'll also help your mind quieten down. This mind noise is largely spent worrying about others, more than yourself.

That being said, we all have some sort of mind noise going through our heads at any given time. Some of us are aware of this, and then do what's necessary for the noise to be less.

HOW TO BEGIN THE SHEDDING PROCESS

1. Start putting your self first, more often;
2. Don't worry about offending others, especially if you're putting you first;
3. Set personal boundaries, and stick with them;
4. Keep you head in the moment, not past nor future;
5. Focus on grounding more often;
6. Take time out, just BE;
7. You can't please everyone.



PHOTO CREDIT SHUTTERSTOCK.COM



GREG DOLMAN

Greg's interest in sports started from an early age. He was blessed to grow up in an area where he had access to a variety of activities on water and on land. It was Greg's interest in rowing that led him to the gym, where he found his passion for lifting weights. He became so good at what he was doing that other gym members started to approach him to assist them with their personal goals. This led Greg into the bodybuilding scene as he helped his gym buddies through the gym-to-stage process.

After studying a basic kinesiology course and completing a number of healing courses, Greg's interest in the workings of the human body turned towards the effect of emotions on the different levels of the body's energy systems. As he worked through his own emotional and physical challenges, Greg gained many first-hand lessons that he then used to help clients overcome their own challenges by understanding the body-mind connection.

PHOTO CREDIT DALLAS OLSEN

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Your diet: *what's normal?*

ONCE THE COMPETITION IS DONE AND DUSTED, WHAT HAPPENS TO YOUR DIET? WE FIND OUT WHETHER IT'S POSSIBLE TO EVER EAT 'NORMALLY' AGAIN.

WORDS BY **BELINDA POTTER**

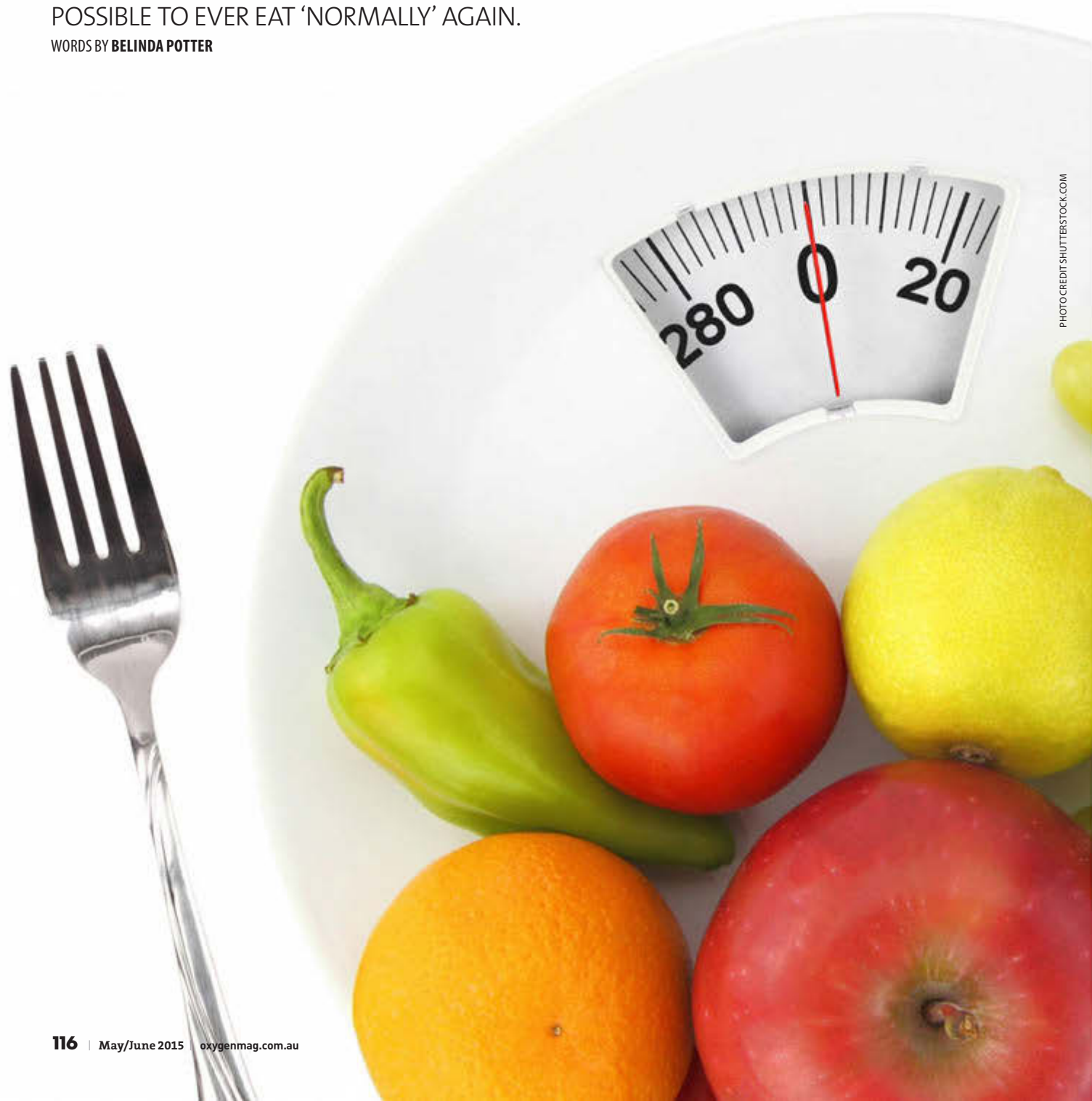


PHOTO CREDIT SHUTTERSTOCK.COM

AFTER A FEW MONTHS OF RESTRICTIVE EATING – WHETHER IT’S FOR COMPETITION, OR AN EXCLUSION DIET – OUR PERCEPTION OF FOOD CAN BECOME SKEWED.

We may stop looking at food as necessary for our health, or as a means of celebration, and start to see it as the enemy: something to be calculated, weighed, measured and deprived. It’s almost as though we forget ‘how’ to eat and look to replace our restrictive competition diet with yet another restrictive diet, only the latter we call an ‘off season’ plan so it’s totally normal.

I can’t tell you how many clients I have turned down wanting a plan to ‘reverse diet’ or who just need something to follow because they don’t trust themselves around food anymore. Seriously? Here’s a tip and I’ll give it to you for free, slowly increase your portion sizes and reduce your cardio – voila. Consider yourself reversed.

DO DIETS WORK?

Now, obviously I’m not saying that diets don’t work – of course they do – otherwise no one would ever peak for competition

BUT diets are only meant to be temporary; they aren’t meant to be a way of life and the fact there is in an entire industry geared towards yo-yo dieting is evidence that diets have failure built right in. Highly restrictive diets, regardless of their label, are yet another thing to feel ‘less than’ about, something to start and stop, a wagon to fall off, a benchmark for willpower and a way to shift responsibility. It’s also a convenient strategy for coaches to ensure that you remain a consumer of their products. You’re being marketed to and I’m not against that, provided that you are being coached to be ultimately self-reliant not a mindless minion.

What if instead of following a diet, you had a sound philosophy of only feeding your body with REAL whole foods, the foods that you deserve. What would your plate look like? What if you ate when you were hungry and stopped when you were full? What if having a healthy relationship to food and your body was really that simple?

YOU ARE WHAT YOU EAT

I saw a fabulous quote once that said, ‘Athletes train and eat; they don’t exercise and diet’. When we eat highly processed foods that come in a flashy box or a packet, essentially most things that have a nutritional panel or a use by date some time in the distant future, then you are robbing your body of nourishment. In case you were wondering what ‘real food’ is, it’s the stuff that doesn’t need a nutritional panel because it doesn’t contain ingredients that no one can pronounce. It IS ingredients.

Real food nourishes our bodies at a cellular level by providing the micronutrients that are needed for proper cellular function. We are but a complex bunch of cells after all. Doctor Katz of the Yale University’s Prevention Research Center stated, ‘A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention.’ Ensure that you’re getting adequate amounts of quality protein from fauna or flora, your choice, and you have a sound philosophy. Yet somehow, this is considered to be radical or woo-woo, we’d rather continue counting calories from a ‘food like’ product that came off a conveyor belt. Something is amiss. ▶



PUT YOUR PLATE INTO PERSPECTIVE

Paul Chek, a internationally-renowned expert in the fields of corrective and high-performance exercise kinesiology, says that your body won't allow you to expend more energy than it needs for self-sustainment. So, if you want to have boundless energy and athletic prowess to really attack those gym sessions with gusto, then you need to be mindful of the value of your food – not just its macronutrients but the micronutrients and phytonutrients and stuff that we haven't even named yet! He believes that when we have injuries, low energy or a loss of motivation it is our body's protective mechanism to force us to slow down, conserve energy or become more inward. We will never outsmart Mother Nature with the latest fad diet, so its time to implement the wisdom of the past – pre our current era of obesity.

Being healthy is not just the absence of disease – we have that all wrong. True health is the presence of vitality and I find it astonishing how many women willingly trade their 'spark' for the vanity of six pack abs. Interestingly, a British survey conducted by the University of the West of England in 2011 for eating disorder charity The Succeed Foundation found that almost one in three of female students aged 18 to 65 years would be willing to die younger in exchange for the 'ideal' figure. All the more

shocking is that almost all of those polled were in the normal weight range – or even underweight. Approximately 16 per cent said they would sacrifice one year of their life for their ideal body and 10 per cent were willing to trade between two and five years. Nine percent would give up their friends, and seven percent would swap spending time with their family or give up their health to achieve their ideal shape. Overall, 30 percent of the 320 women surveyed were unhappy with their bodies to an extent that sacrificing some part of their life for vanity seemed like a plausible idea.

HOW TO BE REAL

We all want to look like we just stepped off the stage or the cover of a magazine – it improves our self-esteem and feelings of self worth to be perceived attractive. We all know the trickery of photoshop and can probably attest to a dozen girls who are making themselves sick or miserable trying to attain their idea of 'perfection'. When we embark on a life of health and fitness we shouldn't end up more overweight, unhappy and disillusioned with food and our bodies than when we started. A healthy philosophy should always be to 'look good from the inside out' not the other way around. Your body is a by-product of your lifestyle – either good or bad. As Francois de la Rochefoucauld famously said, 'To eat is a necessity, but to eat intelligently is an art.'

Five real foods

- 1. Vegetables should form the basis of your diet.**
Eat as seasonally as possible
- 2. Don't be afraid of sugar – fruit sugars that it.**
Fruits such as berries, kiwi fruit and melons are high in anti-oxidants and can help keep your body hydrated
- 3. If you don't eat meat then make sure you're getting enough protein** through other means, such as legumes
- 4. Don't rely on supplements to give you energy:**
your food should be enough
- 5. Don't feel guilty if you over-indulge.** Tomorrow is another day.



University of the West of England. 30% of Women Would Trade at Least One Year of Their Life to Achieve Their Ideal Body Weight and Shape. The Succeed Foundation Body Image Survey in March 2011.



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Beach Body Workout



Blast Calories ...FAST

Want a speedy way to lose fat? All you need to do is get to the beach. Oxygen's exclusive 15-minute plan to fat loss and a strong heart.

WORDS BY DIANE HART | PHOTOGRAPHY: STEWART VOLLAND

Get your heart pumping and your strength improving – both in and out of the gym – with this quick and easy routine. Controlled impact and maximum power are the tenets to this programme and, as long as you do each move with proper form and control, you'll minimise any risk of injury.

Research has shown that plyometric training – even as little as this 15 minute routine – can help your performance in the gym by improving leg strength, balance and agility. Better yet, you're having fun outdoors and you don't need costly equipment.

However, you need to do even the simplest jumps properly. For instance, when you jump into the air, how you land is significant – if you don't bend your knees to cushion your landing, you risk a knee or ankle injury. Think more about making every jump count – when you leave the beach and jump into the air use your arms for additional momentum and balance and when you land, bend your knees to cushion the impact. Visualisation techniques such as thinking of yourself landing "light as a feather", or telling yourself to jump straight up rather than forward also place the proper focus on form.

KEEP IN MIND: Always warm up, start slowly with easy jumps and then gradually add to them. If you feel you need additional support, wear running shoes.



YOUR 15-MINUTE FAT-BLASTER

Keep in mind: to really pump up your heart (and blast more fat) incorporate a squat jump in between each move.

15-MINUTE BEACH FAT BLASTER

1 Squat jump	10 reps
2 Front lunge	10 reps per leg
3 Squat jump	8-10 reps
4 Side lunge	10 reps per leg
5 Squat jump	8 reps
6 Reverse lunge	8 reps per leg



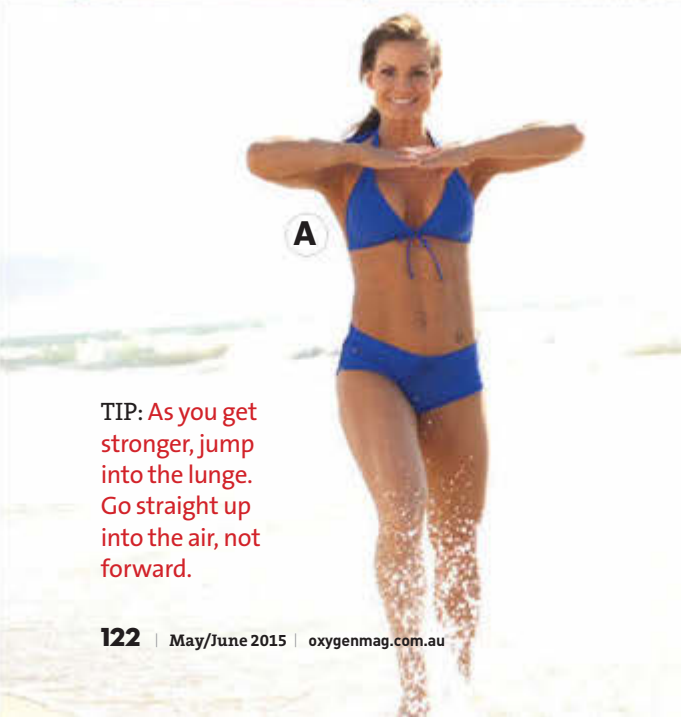
TIP: Remember to bend your knees as you land to soften the impact.

squat jump

TARGET MUSCLES: glutes, quads, hamstrings

SET-UP: Stand with feet shoulder-width apart, solidly flat on the sand. (Try to stand on a fairly stable, even part of the beach.)

ACTION: Bend your knees into a squat [A] and then jump into the air by extending your legs [B] and, at the same time, pull your arms overhead to aid with momentum [C]. When you land back down bend your knees so you land as softly as possible.



TIP: As you get stronger, jump into the lunge. Go straight up into the air, not forward.



front lunge

TARGET MUSCLES: quads, glutes

SET-UP: From the standing position, move your front leg into a lunge position [A], thighs parallel to the sand [B].

ACTION: Pause for three counts, then return to the standing position. Go into a squat position to get ready for a series of squat jumps.

side lunge

TARGET MUSCLES: Inner thighs, glutes

SET-UP: From the standing position [A], shift your weight onto your left leg as you lean it to the side, bending your knee [B].

ACTION: Pause for three counts, then return to the standing position. Go into a squat position to get ready for a series of squat jumps.

TIP: Don't let your knee stray past your toes as you lunge.

A
START
POSITION

B

reverse lunge

TARGET MUSCLES: glutes, quads

SET-UP: From the standing position [A], move your left leg behind you and move into a reverse lunge position [B].

ACTION: Pause for three counts, then return to the standing position. Finish the set with as many squat jumps as you can do.

TIP: Extending your arms provides greater balance and stability.

B

» NEED MORE?

Once you've done all four exercises, repeat them again. Remember to always warm up and cool down afterwards. Stretch each of your major muscles for at least 30 seconds.



You are what you think

WORDS BY **SHELLY SHALLWAL**

ARE YOU STRONG OF MIND, AS WELL AS BODY? OR IS YOUR SELF-BELIEF, OR DOUBT, LETTING YOUR EFFORTS DOWN. IN PART FOUR OF OUR SERIES, WE TAKE A LOOK AT HOW YOUR HEALTH IS AFFECTED BY YOUR THOUGHTS.

PHOTO CREDIT SHUTTERSTOCK.COM

OUR MIND AND EMOTIONS PLAY JUST AS AN IMPORTANT ROLE IN OUR DISEASES AS DO OUR GENETICS, LIFESTYLE AND DIET.

We can be eating the healthiest foods and following the perfect regimes, but our immune system will not reap the full benefits if our mind is drained or our heart is in pain. As the Dalai Lama once said, "Calm mind brings inner strength and self-confidence, which is very important for good health."

What the Lama knew intuitively, research has proved scientifically. The University of California, Los Angeles and the University of North Carolina showed that people with a strong sense of happiness had stronger antiviral and antibody responses. Further, that laughter is in fact much more therapeutic than any pill you could take. The best medicine, indeed!

Just think about it. Whenever we are feeling under the weather and visit the doctor, how often are we asked, "Have you been under any stress of late?" In other words, is your mind in overdrive and affecting the state of your body?

The United Nations recognises this correlation between stress and our health, and established the International Day of Happiness in 2012. Officially marked as 20 March, for that one day, for at least for 24 hours, we should try to give ourselves a break from our overactive minds, and practice the art of gratitude and sharing. (Official website: www.dayofhappiness.org)

HOW TO KICK STRESS TO THE CURB

So what can we do on a day-to-day basis to de-stress and recharge, and give our immune system a boost at physical, emotional and spiritual levels?

1. Get outside - barefoot

Why: From the ancient philosophy of Shamanism and our innate connection to Earth. It prompts us to re-ignite this connection by spending time in nature, including walking bare-foot on land. In today's world, we are exposed to radiation and electromagnetic fields from many sources, which has not only weakened our physical bodies, but also made us lose our connection to earth and our own heart. Hence diseases such as anxiety, depression, mood swings, depersonalisation disorders and heart diseases are at an all-time high. It's thought that it can help to diffuse

excessive positive electrons from our bodies, and supports our adrenal and immune functions.

The research: In one study, earthing was studied in 60 people suffering from sleep disturbances and chronic muscle and joint pain for at least six months [1]. Subjects were randomly divided for the month-long study in which both groups slept on earthed mattresses. Half the pads were properly earthed and the other half while the other half were "sham" grounded (not actually earthed). Most grounded subjects described symptomatic improvement while most in the control group did not. Some subjects reported significant relief from asthmatic and respiratory conditions, rheumatoid arthritis, sleep apnea, and hypertension while sleeping grounded.



Your prescription: Spend at least 2 x 30 minutes in nature per week, including walking barefoot on land.

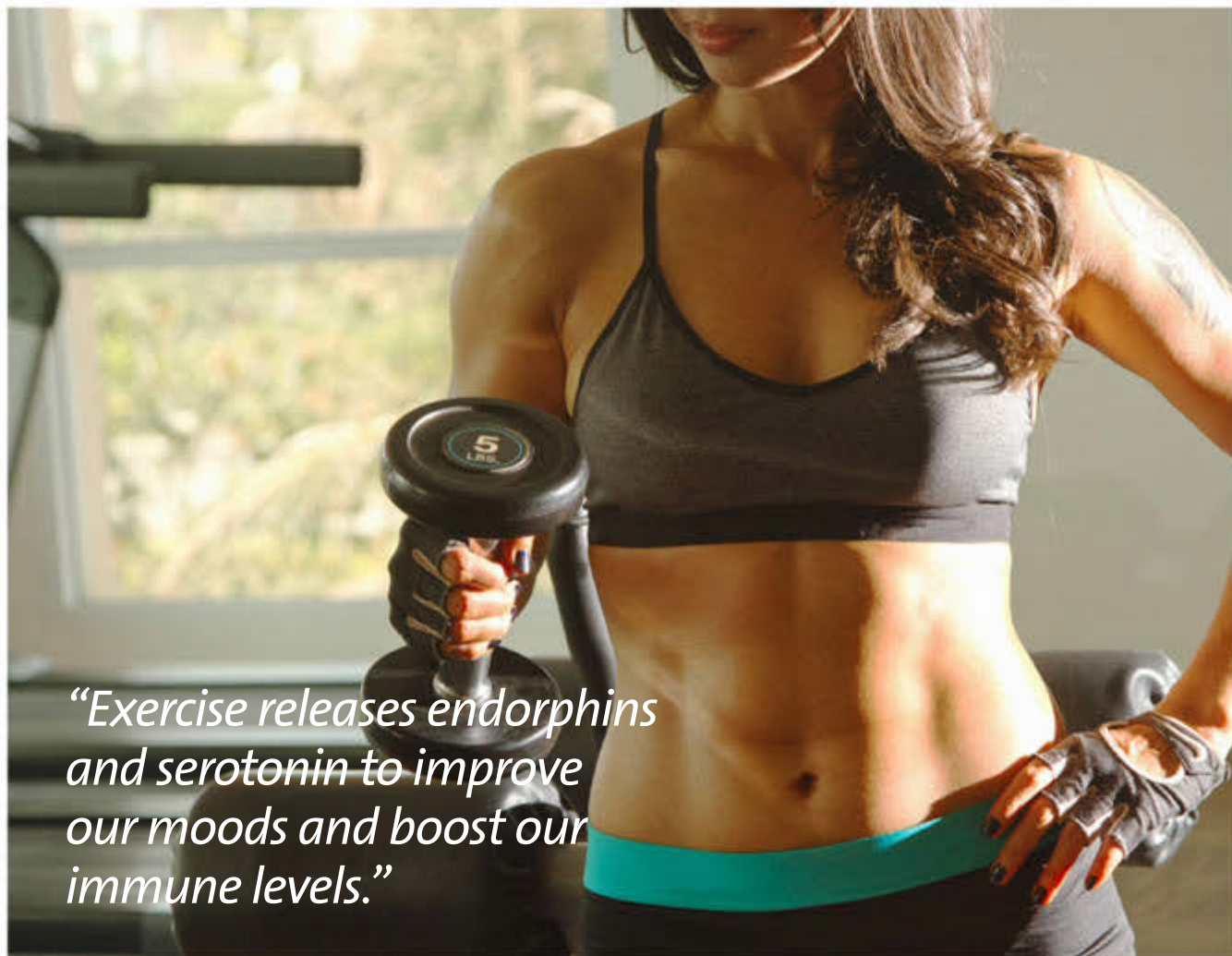
2. Create an support system

Why: The most prominent need that humans have is of love, belonging and connection. Research shows that those with a strong support of family and friends are much healthier and live longer compared to those who do not. Unfortunately, the hectic demands of our lives are barely leaving us with any time for our selves, let alone time to nurture our relationships and friendships. While we are progressing at lightning speed in the areas of technology and systems, we are quickly digressing in our values and

emotional connections. This is why we are seeing a rise in diseases that were never a part of our genetics. The problem is not the immune system within our body, but the disconnect in our society, which heavily compromises our health and immunity.

The research: An Australian study found that looked at 188 people over the age of 100 found that having a close network of family and friends was a highly significant factor in their lifespan. Research: <http://www.ncbi.nlm.nih.gov/pubmed/21539526>

Your prescription: spend at least one quality morning/afternoon/evening per week in the company of loved ones.



“Exercise releases endorphins and serotonin to improve our moods and boost our immune levels.”

3. Sniff some citrus:

Why: Oranges, lemons, limes, and grapefruits help our body to release serotonin, which is the “feel-good hormone.” They’re not just healthy for you, but their scent has mood-enhancing and uplifting benefits.

What the scientists say:

Research shows that burning citrus candles or sniffing the essential oil can lift your mood in just five minutes.

Your prescription: When you’re feeling a little low, put a few drops of your favourite citrus oil with some water in an oil burner. Turn on some light music and take a bath or read a book or meditate! This will start firing those serotonins in

your brain, which will not only turn a low day around, but also boost your immune levels.

4.Sweat it out

Why: Exercising regularly not only strengthens and tones our physical body, but also releases endorphins and serotonin to improve our moods and boost our immune levels.

The research: Your prescription: Complete a brief intensive work-out 2-3 times a week at least.

5.Book a massage

Massages such as lymphatic drainage and reflexology:

These help to stimulate the various energy and pressure points within our body, which results in improved blood/fluid circulation, release of endorphins and serotonins, reduced stress levels and an overall boost in our immunity.

Your prescription: Reward yourself with massages at least once every month.

These age-old tried-and-tested remedies offer us the support that we need to get through life and its many challenges, which then takes the stress away from our immune system and helps strengthen it. The key though is consistency – we must make these a regular part of our life to reap their full benefits. After all, we would never skip our medication for a serious disease. So don’t skip these proven remedies which support our overall health and well-being, which prove that prevention is indeed better than cure?

“A happy heart creates a healthy body”

MY TYPE OF TEA

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Are you looking for antioxidants to help detox and cleanse for inner health?

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Contains added vitamin C and is naturally sweetened with xylitol and natural fruits

May help support cardiovascular, helps detox, cleanse and stimulate metabolic function

Green Tea X50 comes in 30, 60 or 90 single serve sachets of 3g and has only 10 calories per serve. There are no artificial colours, flavours or preservatives added. For maximum results we suggest that you enjoy two sachets a day. Simply mix a sachet with 600ml of ice cold water, shake and enjoy the energy boosting and fat-burning benefits of up to 20 cups of Green Tea.

Thousands are now turning to GreenTeaX50 as a replacement to sugar filled energy drinks and soft drinks as it's the tastiest way to stimulate metabolism, increase energy and burn body fat while being healthy and avoiding preservatives and artificial colours and flavours. At less than \$1 a serve, it's the most inexpensive way to keep the fat off and stay hydrated at the same time, so what do you have to lose? Comes free with the Accelerated Weight Loss Programme valued at \$199. For more info check out... www.greenteax50.com



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IT'S TIME TO
IDENTIFY THOSE
NEGATIVE
THOUGHT
PATTERNS THAT
HAVE KEPT
YOU FROM
REACHING YOUR
GOALS — AND
GLEEFULLY
CRUSH THEM.

BY KARLA DIAL
PHOTOGRAPHY BY JAMES PATRICK

Attitude Adjustment

IT WAS NO SECRET TO ANCIENT SOCIETIES THAT HOW AND WHAT WE THINK HAS A DIRECT EFFECT ON OUR PHYSICAL HEALTH.

Even prehistoric Egyptians and Mesopotamians equated mental health with physical health, and King Solomon of Israel wrote that “a cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Fast-forward to our century, and a growing body of scientific research consistently backs up those beliefs. In fact, the link between stress, disease and body composition is so clear that doctors long ago stopped questioning it.

“Uncontrolled, unmanaged stress clearly increases ageing in hundreds of ways,” says Steven Masley, M.D., president of the Masley Optimal Health Centre in St. Petersburg, Fla., and author of *The 30-Day Heart Tune-Up* (Hachette Book Group, 2014). Brain shrinkage, loss of muscle, decreased bone mass, and an increased risk for heart attacks and strokes are a few possible side effects of excessive stress.

nt



The first step in changing your mind is to identify the subconscious thoughts that have sabotaged you in the past.

Stress is also a major cause of sleep loss and elevated cortisol, which has been linked to abdominal fat storage and an imbalance in the hormones that govern hunger and satiety.

Stress also incites negative thoughts, which can be just as damaging. According to research conducted at the Duke University Centre for Spirituality, Theology and Health, the pain of past trauma can even lead to disease. Several studies, including one published in *Psychosomatic Medicine*, found that “negative ruminations” — the thoughts that sometimes seem to run in an endless loop in your head — can actually cause physical pain and slow the body’s healing processes.

“Negative thoughts, particularly anger, resentment and pessimism, can cause health problems,” says Harold Koenig, M.D., the centre’s director. “Increased stress can impair immune function and may possibly exacerbate autoimmune disorders.”

Friedemann Schaub, M.D., Ph.D., a former cardiologist and author of *The Fear and Anxiety Solution* (Sounds True, 2012), agrees. “Your thoughts have no impact on the body unless they get translated into emotions,” he says. “And that creates a ripple effect that has a huge impact on our health and well-being.”

TO FORGIVE IS DIVINE

The good news is that everything that can harm you can also heal you.

“There are more and more studies showing that positivity, laughter and forgiveness have an impact on our telomeres,” says Schaub, referring to the cap-like processes on the ends of chromosomes. “The longer they are, the more youthful and healthy you are. The shorter they are, the more prone you are to the effects of ageing.”

According to a study published in the October 2013 edition of the medical journal *The Lancet*, cancer patients who learned to become more positive through support groups, prayer and meditation, all while following a healthful diet and exercise

program, saw their telomeres lengthen after just three months.

“There are huge effects in not only preventing illness but becoming younger when you release any negative tension you have been carrying,” Schaub says. “Forgiving yourself and others is a huge part of that. People with negative emotions beat themselves up a lot.” Letting go of grudges — against others or yourself — has also been shown to lower blood pressure, decrease heart disease risk and reduce stress hormone levels.

Taking a leap of faith also reaps health benefits: One of Koenig’s studies, published in the *Asian Journal of Psychiatry*, found that the most devout people also tend to be the most positive. This held true across

the Missing Piece to Abundant Health, Wealth, Love and Happiness (Hay House, 2013), focuses on the power of the question.

“Most people are walking around subconsciously asking themselves negative questions like, ‘Why am I so fat? Why can’t I get in shape?’” he says. But simply changing the question to something positive like, “Why am I able to lose so much weight?” yields results because the brain is wired to find the answers to questions. After that, it empowers us to take positive actions. Changing the thoughts we have “is a tiny hinge that will swing an enormous door,” St. John says.

The first step in changing your mind is to identify the subconscious thoughts that have sabotaged you in the past. Generally, these fall into one of several categories, says Coral Arvon, Ph.D., director of behavioral health and wellness at the Pritikin Longevity Centre in Miami: mind reading (“I can’t go to the gym because other people will think I’m too fat”), catastrophizing (“This is going to be so difficult”), minimizing (“This isn’t going to help at all”), fortune-telling (“I know I’ll make a fool of myself”) or black-and-white thinking (“I fell off my meal plan today, so I may as well give up”).

Fortunately, there are several ways to restructure those destructive thought patterns and belief systems in your head. Arvon recommends the ABC Method, widely used by cognitive behavioral therapists to help patients with all kinds of issues.

- 1. Activate experiences.** *Simply start working out and following a solid meal plan.*
- 2. Identify the negative Beliefs**

that come as a result of your action. Once you identify them, they’ll be easier to quell.

3. List the Consequences *of each belief and how that negative thought makes you feel.*

4. Dispute and debate the negative belief, talking yourself out of it and releasing its hold on you.

5. Feel the new, positive Emotions *such as excitement and motivation that come from realizing the negative thought is untrue.*

That last step is key, says Steve Siebold, author of *Die Fat or Get Tough: 101 Differences in Thinking Between Fat People and Fit People* (London House,

2010). “When you feel hungry before bed at night, that’s a good thing,” he says. “If you’re not hungry at all before bed, you probably aren’t losing any weight. So you should associate excitement with hunger pangs because that indicates you’re on your way.”

Use these steps to identify and then get rid of any negative thought patterns that could be holding you back. Once you’re free from their hold, you’ll be healthier both mentally and physically, and will be unstoppable. ■



a wide spectrum of major world religions. “Developing a religious worldview and working on one’s spiritual life may help to enhance optimism and foster a more positive view of life and relationships with others,” he says. “Being part of a faith community can help increase social contacts and expose one to positive inspirational messages that help guide one’s life and help a person make better decisions.”

YOU HAVE THE RIGHT TO CHANGE YOUR MIND

Regardless of whether we speak our thoughts out loud or keep them to ourselves, words are powerful. That’s why Noah St. John, author of *The Book of Affirmations: Discovering*

The Power of No

A study reported in *Psychology Today* placed subjects in an MRI machine, then flashed the word “NO” for less than one second across a screen. The result was an immediate release of stress-producing hormones and toxic neurochemicals that affect sleep, reasoning, communications, emotions and even memory. Furthermore, scientists found that worrying and negative rumination is self-perpetuating and that the more you engage in this behavior, the harder it is to stop. To combat negative thoughts and words, you must consciously and repetitiously think as many positive thoughts as possible. Some researchers believe that for every negative thought you have, you must generate at least five positive ones to combat its effects. That’s a lot of word conjuring, so here are 10 positive thoughts to use right now:

- | | |
|---|---|
| 1. I am strong and healthy. | 6. I love how I look in my clothes. |
| 2. I can lift as much weight as I desire. | 7. I am capable. |
| 3. I can achieve my personal best today. | 8. I am giving and loving. |
| 4. My body is healthy and beautiful. | 9. I am creative and smart. |
| 5. I can be anything and anyone I want to be. | 10. I am eating nourishing food and helping my body thrive. |

YOUR LIVING ROOM FAT BLASTER

DEMONSTRATED BY NINA SILIC

IMAGES BY DALLAS OLSEN
HAIR AND MAKEUP BY LISA LEE

WINTER CAN BE A TIME OF LAYERING UP AND STAYING INDOORS. BUT IT'S ALSO AN IDEAL TIME TO WORK ON YOUR SUMMER BODY (AFTER ALL, IT'S ONLY SIX MONTHS AWAY!). SO WE'VE DESIGNED A WORKOUT THAT YOU CAN DO AT HOME, BUT PROMISES TO GIVE YOU A BEACH-WORTHY BODY LONG BEFORE THE SEASON STARTS.

If you've wanted to overhaul your body, or workout programme, but you haven't known where to start, then stop here! Over the next four weeks, you'll be utilising a series of eight distinctive body-weight a resistance-band exercises (along with three unique cardiovascular drills) in order to improve your body's abilities in three major areas – strength, stamina and stability.

This workout plan will kick-start your metabolism to burn away body fat, while laying down the foundation of lean muscle mass that will chisel and define your body.

This routine uses a mix of moves that will work all of your muscle groups in several different ways. Not only will you develop muscular power, but some of the exercises also

teach multiple muscle groups to work together; as a result, after four weeks, you'll have improved your core strength and overall balance. You'll see an instant improvement in how you look and feel from head to toe.

THE AEROBIC ADVANTAGE

Usually, most full-body workouts are designed to work your larger muscles first and your smaller muscles last – but not this programme. The problem: while exercises that hit larger (or multiple muscle groups) burn more calories than isolated exercises that only work a smaller (or single) muscle group, they are more taxing. Going in order from largest to smallest can sometimes make a workout more difficult at the start, and too easy at the end. By using an unorthodox programme that switches between moves that target major muscles groups and those that hit minor muscle groups, you'll achieve a more steady state of intensity.

During this workout, you'll be performing all of the exercises as a circuit – meaning, one after the other with little rest – to help blast body fat. Instead of resting after performing each strength exercise, you'll be doing a specific cardio drill instead – either jumping jacks, running in place or step-ups – for a specific number of repetitions.

This component will allow you to keep your heart rate up throughout the entire workout to burn more calories, while increasing your aerobic capacity and VO2 max (the maximum level of oxygen your body can take in, transport and use as energy). It will also help you raise your endurance, a benefit that will allow you to see even more results in the next two months.

WEEKS ONE AND TWO

For the first two weeks you'll be easing your body into the programme and gradually building up your endurance.

Perform the exercises in the order given and run through the entire programme twice. You'll only do this programme twice per week (three times if you feel up to it), resting a full 48 hours in between.

For each exercise, pick a band that will allow you to complete 15 repetitions per move. For the body-weight exercises, you may need to adjust how many reps you do, based on the level of difficulty. If you can do more than 15 reps, try doing them slower. This will increase the time that your muscles are under tension, which will exhaust them faster. If you can't muster the 15 reps, just try to do as many as you can. Make the same

adjustments for the side plank – if you

can't hold the pose for very long, hold it for as long as possible; if it's too easy, then hold it a few seconds longer.

After each exercise, you'll perform a cardio drill (see the chart on page 134) instead of resting. Follow each drill with the specified amount of rest before going on to the next exercise.

WEEKS THREE AND FOUR

For the last two weeks, you'll be upping the intensity. First, you'll increase the 'weight' you're lifting so that you can

only do eight to 12 reps per move. Because these are band exercises, you will

grab a thicker band, move further away from the anchor point or take up some of the slack to make the exercise harder. With the body-weight exercises, you can adjust your sets as before if you find them too easy or too difficult.) You'll also be doing even more reps of each cardio drill – as well as spending less time resting – in between

each exercise and adding one extra circuit for three rounds in total.

You'll also be doing this routine three to four times per week, leaving at least one day between workouts (A Monday-Wednesday-Friday-Sunday schedule would be ideal for week three. In week four, perform this routine on Tuesday, Thursday and Saturday).

CARDIO DRILL	REPS/REST	STRENGTH MOVE	REPS/REST
	Weeks 1 & 2 Weeks 3 & 4		Weeks 1&2 Weeks 3 & 4
1. Run in place	30 steps 10 seconds rest	Body-weight Bulgarian Split Squat	15 reps (each leg) 10 seconds rest
	50 steps 5 seconds rest		15 reps (each leg) 5 seconds rest
2. Jumping jacks	20 reps 10 seconds rest	Standing resistance- band hammer curl	15 reps 10 seconds rest
	30 reps 5 seconds rest		8-12 reps 5 seconds rest
3. Step-ups	8 reps (each leg) 10 seconds rest	Push-up*	Up to 15 reps 10 seconds rest
	12 reps (each leg) 5 seconds rest		Up to 15 reps 5 seconds rest
4. Run in place	30 steps 10 seconds rest	Side plank	Hold for 20-30 seconds (each side) 10 seconds rest
	50 steps 5 seconds rest		Hold for 20-30 seconds (each side) 5 seconds rest
5. Jumping jacks	20 reps 10 seconds rest	Band raise**	15 reps 10 seconds rest
	30 reps 5 seconds rest		8-12 reps 5 seconds rest
6. Step-ups	8 reps (each leg) 10 seconds rest	One-arm seated band row	15 reps (each arm) 10 seconds rest
	12 reps (each leg) 5 seconds rest		8-12 reps (each arm) 5 seconds rest
7. Run in place	30 steps 10 seconds rest	Walking lunge	15 reps (each leg) 10 seconds rest
	5 steps 5 seconds rest		15 reps (each leg) 5 seconds rest
8. Jumping jacks	20 reps 10 seconds rest	Bench dip	Up to 15 reps 10 seconds rest
	30 reps 5 seconds rest		Up to 15 reps 5 seconds rest
9. Step-ups	8 reps (each leg) 10 seconds rest	Rest for two minutes, then repeat the circuit for a total of two (weeks 1 & 2) or three cycles (weeks 3 & 4).	
	12 reps (each leg) 5 seconds rest		

Weeks 1 & 2 First circuit: regular push-up; second circuit: incline push-up. Weeks 3 & 4 Do the same as in weeks 1 & 2, but during the third circuit, do decline push-ups.

**Weeks 1 & 2 First circuit: front raise; second circuit: lateral raise. Weeks 3 & 4 Do the same as in weeks 1 & 2; for your third circuit, do the bent-over raises.

1 / BODY-WEIGHT BULGARIAN SPLIT SQUAT

Not Pictured

Target Muscles: quadriceps, gluteus maximus

SET UP: Stand about two feet in front of a bench. (If you don't have a bench, a low table or chair will work.) Extend one leg behind you and place your toes on top so that the sole faces behind you.

ACTION: Bend your front leg to lower towards the ground. Stop when your thigh is almost parallel to the floor, then press through your heel to stand. Repeat. When your set is through, switch legs.

2 / STANDING RESISTANCE-BAND HAMMER CURL

Target Muscles: biceps brachii, brachioradialis

SET UP: Stand on the middle of a band with your feet shoulder width apart. Cross the band as shown, holding the handles at your sides with your palms facing in.

ACTION: Keeping your elbows tight to your sides, bend your arms to raise the handles towards your shoulders. Contract your biceps at the top, then slowly reverse to return to the start.

Concentrate on moving slowly, fighting against the tension of the band, to return your hands to the starting position.

Your Cardio Drills:

Run in place: JUST AS THE NAME SUGGESTS, YOU'LL BE RUNNING IN PLACE. DON'T ALLOW YOUR KNEES TO COME UP TOO HIGH, AND KEEP YOUR STEPS LIGHT AND BOUNCY.

Jumping jacks: JUMP YOUR LEGS AND ARMS OUT INTO AN "X" SHAPE, THEN JUMP YOUR LEGS BACK TOGETHER AND BRING YOUR ARMS TO YOUR SIDES. ALTERNATE QUICKLY.

Step-ups: STAND IN FRONT OF A BENCH OR STEP (ABOUT TWO FEET TALL). PLACE ONE FOOT ON THE BENCH, STEP UP ONTO IT, THEN REVERSE. ALTERNATE YOUR LEADING LEG WITH EACH STEP.

What you'll need

- ☐ An exercise mat
- ☐ A bottle of water
- ☐ Two resistance bands (make sure one is heavier for your curls and rows)
- ☐ An exercise bench or a sturdy sofa, chair or table
- ☐ Enough space to perform your moves



3 / PUSH-UP*

Target Muscles: *pectoralis major*

*Keep in mind that there are three push-up variations; check the workout chart to see which one you should be doing, and when.

SET UP: Get into push-up position on the floor, with your legs extended behind you and your wrists under your shoulders. (For the incline push-ups, place your hands on a bench, couch or chair in front of you; for the decline push-ups, place your feet on one of the aforementioned surfaces.)

ACTION: Bend your arms to lower towards the floor, allowing your elbows to flare out. Stop when your nose is a few inches from the floor, then extend your arms to return to the start.



Working on a hard floor? Place a folded towel under your arm.



4 / SIDE PLANK

Target Muscles: *internal and external obliques, transverse abdominis*

SET UP: Lie on your left side on an exercise mat, with your feet stacked and left forearm on the ground, and your elbow beneath your shoulder.

ACTION: Lift your hip from the floor so that your body forms a straight line from head to heels, and hold. When your set is through, flip around and repeat on your other side.



5 / BAND RAISE*

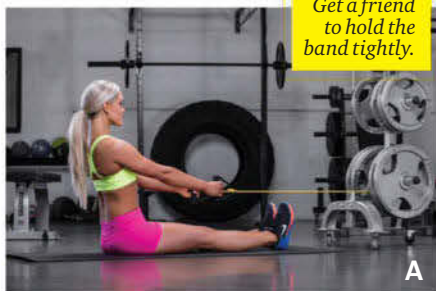
*As with the push-ups, we've provided you with three types of raises. Consult the workout chart for when to do each variation.

Target Muscles: *deltoids*

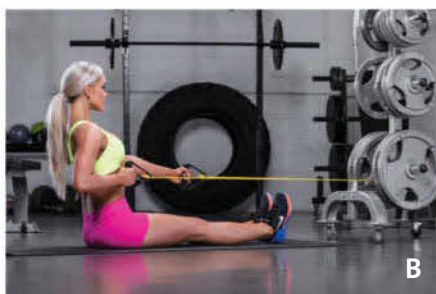
SET UP: Stagger your feet, place the middle of the band under your front foot, and hold one end of the band in each hand. (For the bent over raises, lean forward so that your torso is level with the ground and your arms hang below your shoulders.)

ACTION: To perform the front raises, lift both arms straight in front of you. For the lateral and bent-over raises, lift your arms out and up to the sides, until they form a straight line. Hold for one count, then slowly lower your arms back to the start.

No anchor point? Get a friend to hold the band tightly.



A



B

ONE-ARM SEATED BAND ROW 6

Target Muscles: latissimus dorsi, rhomboids

SET UP: Anchor the middle of your band a foot or two off the ground (either in a doorway using a band anchor or by wrapping it around a post) and sit a few feet away. Hold one end in each hand as shown [A].

ACTION: Bend one arm to row; keep your elbow close to your side as you move [B]. Extend slowly to return to the start. Repeat, alternating arms with each rep.

WALKING LUNGE 7

Target Muscles: hamstrings, gluteus maximus

SET UP: Stand with your feet hip-width apart and hands on your hips for support.

ACTION: Step your left foot forward and bend both knees to lunge; stop when your right knee is an inch or two from the floor. Next, straighten your legs to rise and step your right leg in front of your left, then immediately drop into another lunge. Repeat for the remainder of your set.



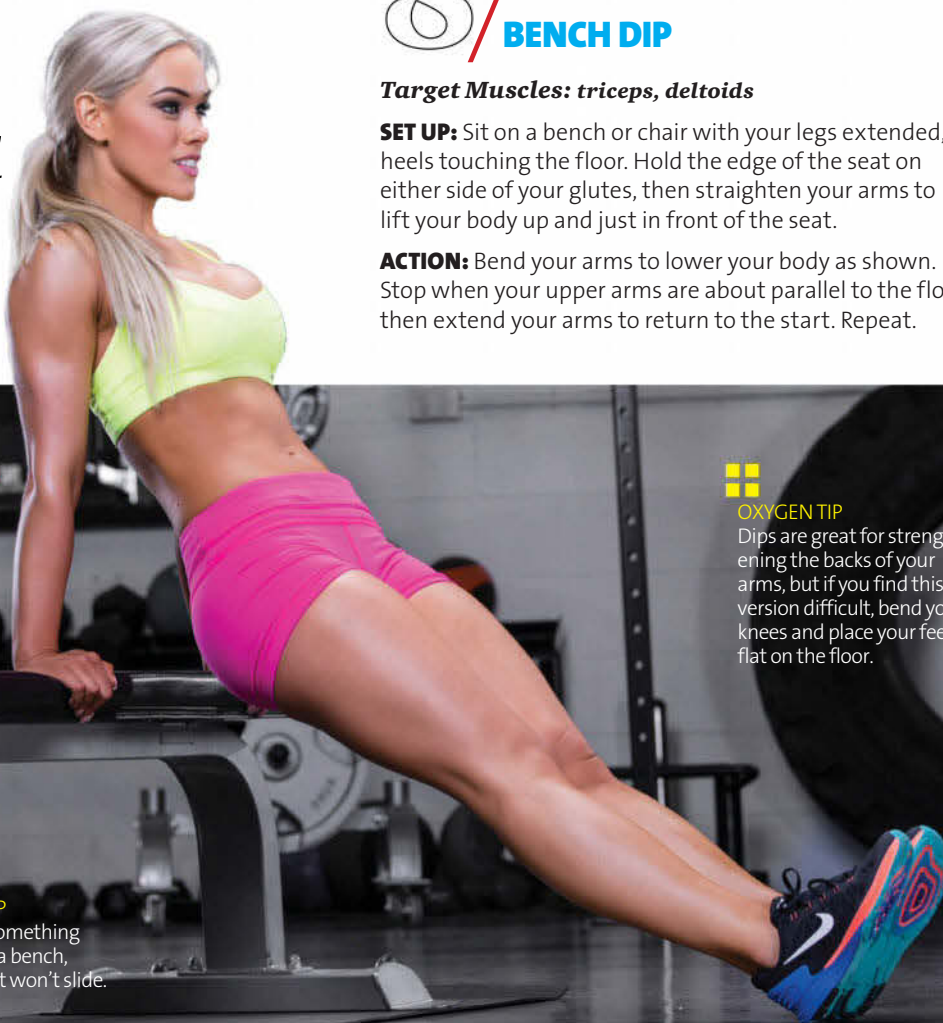
This program improves your body's strength, stamina and stability.

8 BENCH DIP

Target Muscles: triceps, deltoids

SET UP: Sit on a bench or chair with your legs extended, heels touching the floor. Hold the edge of the seat on either side of your glutes, then straighten your arms to lift your body up and just in front of the seat.

ACTION: Bend your arms to lower your body as shown. Stop when your upper arms are about parallel to the floor, then extend your arms to return to the start. Repeat.



OXYGEN TIP

Dips are great for strengthening the backs of your arms, but if you find this version difficult, bend your knees and place your feet flat on the floor.



OXYGEN TIP

If you use something other than a bench, make sure it won't slide.

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DAVID POCOCK

Wallabies and ACT Brumbies Openside Flanker

"The supplement industry is a bit of a minefield as it's hard to get past all the hype and marketing and find what works without all the unnecessary ingredients that are in many products. Over the years I've become more concerned about what I am putting into my body and have looked high and low for a brand that provides genuinely healthy, ethical and effective supplements.

Professional Whey offers exactly that – an Australian owned and run sports nutrition company with products that stand out from the crowd. Professional Whey is deeply concerned about the quality of ingredients that they are using and where they are sourced. Professional Whey helps me achieve my rugby goals without compromising my health or my values of clean, wholesome nutrition. Their whole business ethos reflects that. Their products support a range of goals and are a sports nutrition brand that genuinely cares about the health of its customers."

Professional Whey is proud to be Australia's cleanest, most ethical and socially responsible sports nutrition brand that bridges the gap between sports nutrition and wholefoods.



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From chin-ups to broccoli, here's how to take on your biggest fitness challenges and own them.

Bonus: You'll get leaner, stronger and healthier!

BY JUDI KETTELER

Your Fitness Challenge

BRING IT ON!

As an *Oxygen* reader, "quit" is not in your vocabulary. We know you love a challenge as much as you love well-defined abs, so we came up with a fail-proof plan that makes it easy to reach all your health and fitness goals (and you'll get closer to that six-pack as well). Whether you've been searching for the right approach to tackle that one specific task or are just looking for a fun way to mix up your spring fitness program, this is your ultimate plan for success.

CHALLENGE ONE

DO 5 CHIN-UPS, UNASSISTED

TIME FRAME: 8 weeks (with 3 strength-training sessions per week)

BENEFIT: Sculpts the muscles in your back and shoulders, improves your posture and helps reverse slouching caused by daily life.

YOUR PLAN: "You definitely need pure strength to be able to do chin-ups," says Joan Pagano, a certified health and fitness instructor from New York and author of *Strength Training for Women* (DK Publishing, 2005). Try this approach for learning to chin using the Smith machine.



STEP ONE: Set the bar at a height that allows you to hang with your arms extended (using an underhand grip) and your glutes just a couple of centimetres off the floor. Starting with your feet fully extended, pull your legs toward your body until your feet are squarely planted on the floor. Pull yourself up as high as you can, then slowly lower back down to the extended position. Repeat until you can perform three sets of 10 reps, resting about 45 seconds between sets. Once you can do three sets, give your muscles time to

recover for several days before trying again.

STEP TWO: The next time you do this exercise, raise the bar another notch or two and begin with the hanging position again, this time with your feet planted more closely to the machine. Stick with it until you can perform three sets of as many reps as possible.

STEP THREE: Raise the bar again the next time you try this move, and repeat the process again and again until you can pull yourself all the way up.

TIME FRAMES FOR
YOUR CHALLENGES
ARE APPROXIMATE AND
WILL DIFFER BASED ON
YOUR FITNESS LEVEL. SO
DON'T SWEAT IT IF YOU
NEED MORE TIME TO
MASTER A TASK.

CHALLENGE TWO

HOLD THE PLANK FOR ONE MINUTE WITHOUT WOBBLING

TIME FRAME: 4 weeks (working the move 2 times per week)

BENEFIT: Increased muscle endurance and a rock-hard core!

YOUR PLAN: "It's all about energetics and how you attack the plank," says Pilates instructor Wendy Puckett, co-owner of Steamboat Pilates and Yoga in Colorado, USA. "Anyone can go through the motions, but you need to find the soul of the move." That's when the strengthening happens.

STEP ONE: First, try the plank on your hands and knees to make sure you've got the form down: Your shoulders should be directly over your hands and your body should form a straight line from your shoulders to your knees. Hold for 30 seconds, then 45 seconds, then one minute. Don't

move on until you can hold the correct form the entire time.

STEP TWO: In full plank, focus on keeping yourself as straight as a board from shoulders to heels (no sagging in the middle!). Relax the rest of your body, engaging your core, so you really feel your abs take hold and work to support you, Puckett says. Concentrate

on breathing into your core. Drop to your knees if you find yourself breaking form – any drooping in the middle is a clear sign that your form is breaking. Work your way up to holding the movement for an entire minute.

KEEP YOUR CORE CONTRACTED THROUGHOUT THIS MOVE.



CHALLENGE THREE

ROCK YOUR YOGA POSES

TIME FRAME: 3 weeks

BENEFIT: Better breath control, body awareness and core strength.

TRIANGLE POSE

BONUS BENEFIT: Flexibility

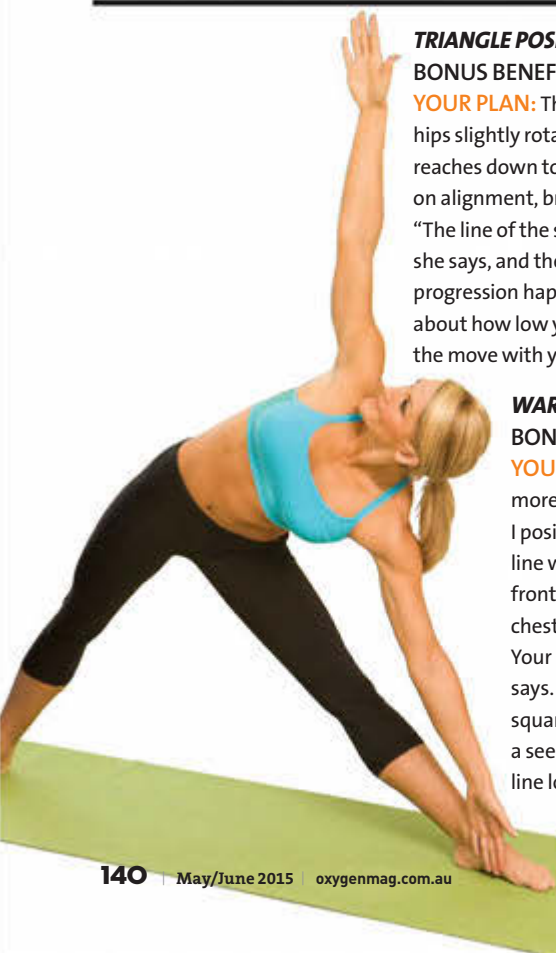
YOUR PLAN: This is one of the more basic yoga poses (feet wide, hips slightly rotated as one arm reaches high and the other arm reaches down to your shin), but to do it correctly, you need to focus on alignment, breathing and lifting out of your core, Puckett says. "The line of the side of your body needs to be really long and lifted," she says, and then you gently rest your lower hand on your leg. The progression happens in your brain as much as your body – it's not about how low you can go, it's about how much you're controlling the move with your core muscles.

WARRIOR III

BONUS BENEFIT: Balance

YOUR PLAN: A real test of core strength, this pose is more challenging than the triangle pose. Begin in Warrior I position (legs in a lunge position, front knee bent and in line with front foot, arms reaching high). Straighten your front leg as you lift your back leg straight up and drop your chest parallel to the ground, keeping your arms overhead. Your leg may not go very high at first – that's OK, Puckett says. "Lift only as high as you can while keeping your hips square and your body in line." Your body should feel like a see-saw and look like a big capital T. Work to make your line longer, smoother and more stable.

TRY IT AT HOME OR AT THE GYM.



CHALLENGE FOUR

RUN 20 MINUTES WITHOUT STOPPING

TIME FRAME: Eight weeks

BENEFIT: Build cardiovascular endurance and get closer to completing a 5K.

YOUR PLAN: The best way to build up your endurance is to take it slow and easy with a walk-run interval mix, says Jason Karp, PhD, San Diego-based exercise psychologist and running coach. This way, you'll increase your calorie burn and continually challenge your body.

- WEEK 1:** Run 3 x 5 minutes with 2 minutes recovery
- WEEK 2:** Run 3 x 7 minutes, with 2 minutes recovery
- WEEK 3:** Run 3 x 9 minutes, with 2 minutes recovery
- WEEK 4:** Run 2 x 12 minutes, with 3 minutes recovery
- WEEK 5:** Run 2 x 15 minutes, with 3 minutes recovery
- WEEK 6:** Run 2 x 15 minutes, with 2 minutes recovery
- WEEK 7:** Run 2 x 17 minutes, with 2 minutes recovery
- WEEK 8:** Run 20 minutes without stopping

USE THIS
STRATEGY FOR
ANY OTHER
CLEAN FOOD.



CHALLENGE FIVE

LEARN TO LOVE BROCCOLI

TIME FRAME: 2 weeks, with 2–3 attempts each week

BENEFIT: A great addition to your clean-eating plan, broccoli is loaded with antioxidants that fight cancer and promote a healthy immune system. A single cup of broccoli has 200 per cent of your daily requirement of vitamins C and K! It also has fibre, which helps you feel fuller for longer.

YOUR PLAN: First, understand why you don't like broccoli, suggest sports nutritionist Rebecca Scritchfield, MA, RD. Do you have a bad childhood memory of grey, overcooked broccoli, or do you just assume you don't like it? Three strategies that might help you along the way:

- **TRY IT RAW.** If you don't love warm, tasty broccoli (we admit we're a little biased!), try eating it uncooked. You can add a dip such as fat-free Greek yoghurt sprinkled with your favourite herb.
- **MAKE IT A SIDESHOW.** Add it to foods you already enjoy (such as soups and casseroles), and try cutting it up into smaller pieces and adding it to your favourite salad.
- **COOK IT RIGHT.** The best way to cook broccoli (if you're not adding it to something like a casserole) is to steam it for about three minutes, just until it's bright green. That's when the vitamins and minerals are locked in – any longer than that, and you start losing them. Sprinkle with thyme, a lemon juice/salt/pepper blend or even red chilli flakes.



CHALLENGE SIX

TURN YOUR "FUN SWIM" INTO A REAL WORKOUT

TIME FRAME: 2 weeks (swimming 2–3 times/week)

BENEFIT: Build cardiovascular endurance and get a great total-body workout that's easy on your joints.

YOUR PLAN: It's all about "stroke thoughts," says Terry Laughlin, founder and head coach of Total Immersion Swimming based in New York. "You develop your form one mini-skill at a time," he says, by being mindful of each stroke. Try this method to challenge your body and swim your way to improved fitness.

STEP ONE: Hang your head. "Release your head's weight until you feel the water supporting it entirely," Laughlin says. Look straight down instead of forward. You'll feel lighter and float easier.

STEP TWO: Breathe as early in the stroke cycle as you can. Follow your shoulder back for the inhale, which is sharp and quick. Focus your attention on your exhale by blowing bubbles the whole time your face is in the water.

STEP THREE: Try ladder sets (adding a lap on sequential repeats). Laughlin recommends starting with a single "lap" (swimming the length of the pool from one end to the other, which is typically 25 yards). The next workout, try two laps connected (swimming from one end of the pool to the other, taking a few recovery breaths after the first lap, and then swimming back for a total of 50 yards). Be sure to notice how your second lap felt, and only move on to

a third connected lap (75 yards total) when your second lap feels as good as your first, and so on.

STEP FOUR: Once you've got it down, challenge yourself by setting a stopwatch for 30 minutes and seeing how many laps you can fit in, aiming to beat your record each time. But remember: Never lose sight of your form and breathing at the expense of beating your record. If you need to stop and regroup, go ahead.

CHALLENGE SEVEN

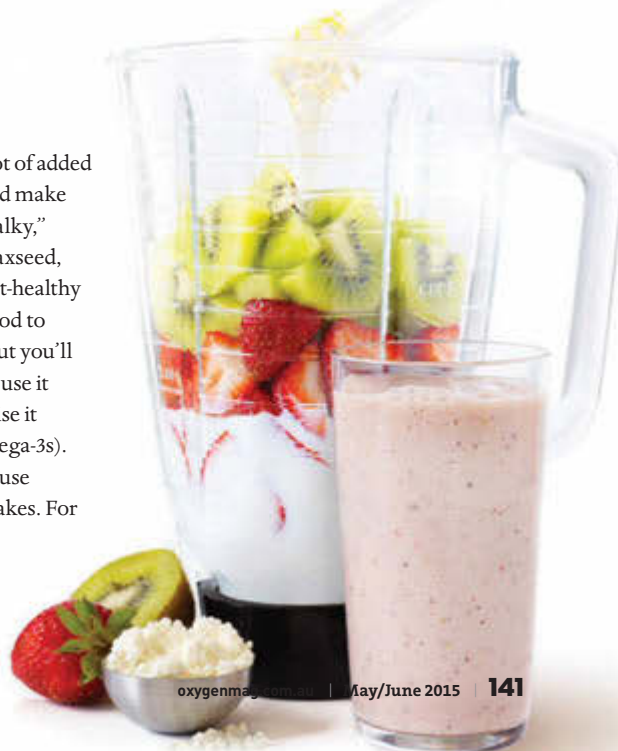
MIX THE PERFECT PROTEIN SHAKE

TIME FRAME: 1 week

BENEFIT: You'll have a great post-workout recovery drink that's fast and easy to make.

YOUR PLAN: The name of the game is keeping it simple, Scritchfield says – at least to start. "I use fat-free milk or fat-free plain or Greek yoghurt as a base." (Greek yoghurt has 10 grams of protein per half cup.) Then she adds ice, fruit and blends. Once you get the basics down, mix in whey protein powder. "Go for a protein

powder without a lot of added ingredients – it could make your shake taste chalky," Scritchfield says. Flaxseed, which is full of heart-healthy omega-3s, is also good to experiment with. But you'll need to grind it and use it right away (otherwise it starts losing the omega-3s). Scritchfield likes to use banana in all her shakes. For a real treat, try banana and 100% cocoa powder.



YOUR Superfoods face mask

THE BEST TREATMENTS FOR YOUR FACE SHOULD BE SIMPLE AND NATURAL, BUT FOR SOME REASON WE'VE BEEN TRICKED INTO THINKING WE NEED EXPENSIVE AND EXOTIC PRODUCTS TO GET THAT YOUTHFUL GLOW. WHILE SUPERFOODS ARE GREAT FOR OUR INSIDES, THEY'RE EQUALLY IMPORTANT TO HOW WE LOOK ON THE OUTSIDE, TOO. SO WE DARE YOU TO OPEN UP YOUR PANTRY AND START EXPERIMENTING WITH SUPERFOODS TO MAKE SUPER BEAUTY REMEDIES, STARTING WITH THIS ANTIOXIDANT-RICH ULTRA-MOISTURISING FACE MASK.

BY LAUREN TOYOTA

ANTIOXIDANT FACE MASK

INGREDIENTS:

Organic ingredients are preferred.

- › 1 green tea bag
- › 2 tbsp gluten-free oats
- › ½ cup BPA-free canned coconut cream
- › 1 avocado
- › 2 tbsp raw cacao powder

INSTRUCTIONS:

- 1** Brew 1 cup green tea.
- 2** Meanwhile, in a coffee grinder, grind oats to the consistency of a coarse flour.
- 3** In a mixing bowl, whip coconut cream with a whisk or electric hand mixer.
- 4** Scoop avocado from peel and add to bowl with cream. Add oats, cacao powder and 2 tbsp green tea. Combine with a whisk or electric hand mixer until smooth.
- 5** Apply mixture evenly onto face, avoiding the eyelids. Leave on for 15 minutes. Using warm water and your hands, gently massage mask onto your face and exfoliate for 15 to 30 seconds. Rinse off.



NOTE

This recipe makes 1 cup – enough for a spa night with a few friends. But you can halve or quarter the recipe depending on your needs.

For best results, use this mask 2 to 3 times a week.



This recipe appeared in the May/June issue of *Clean Eating Australia* magazine. For more healthy advice and recipes go to www.cleaneating.com.au

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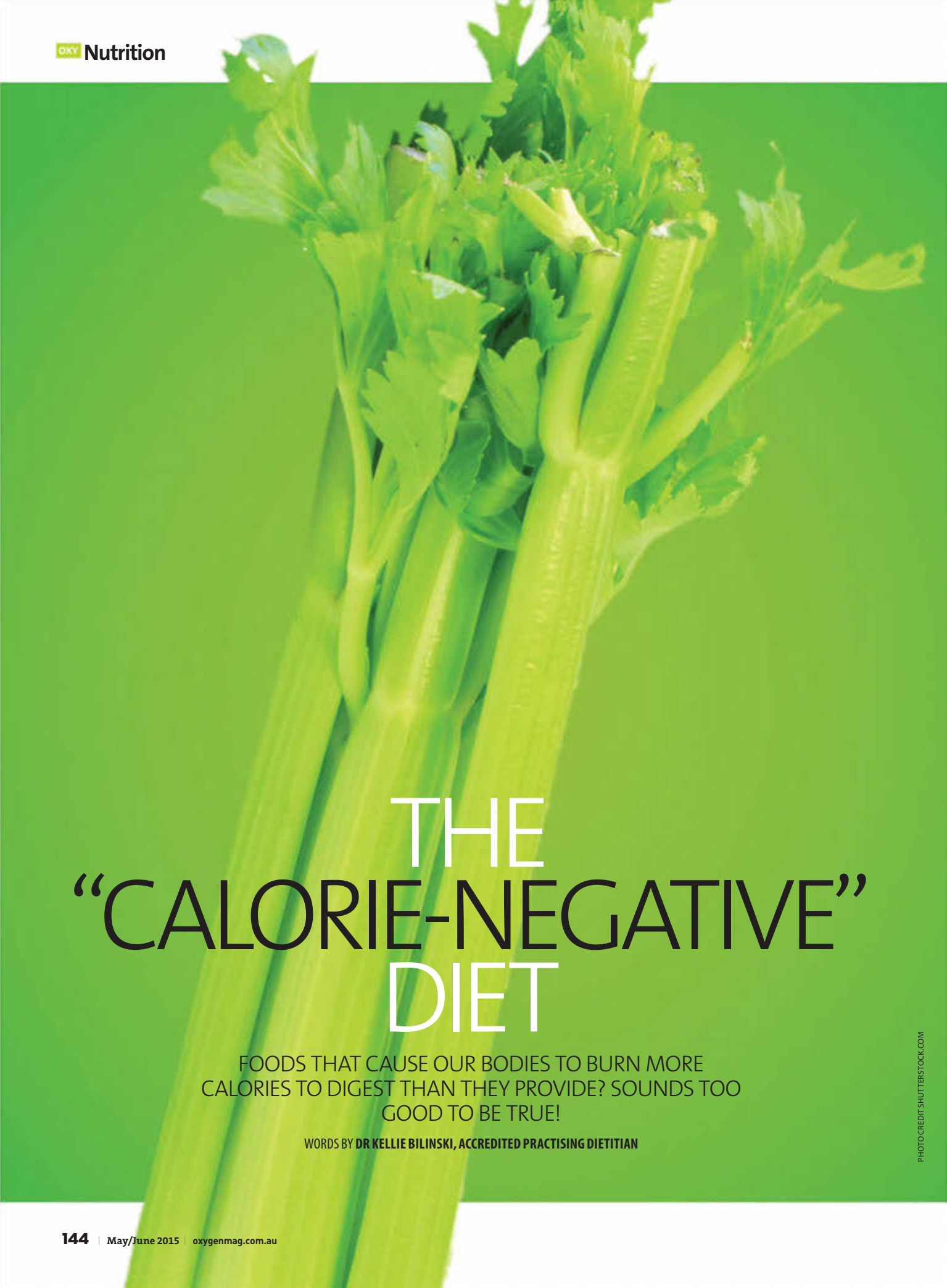
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THE “CALORIE-NEGATIVE” DIET

FOODS THAT CAUSE OUR BODIES TO BURN MORE
CALORIES TO DIGEST THAN THEY PROVIDE? SOUNDS TOO
GOOD TO BE TRUE!

WORDS BY **DR KELLIE BILINSKI**, ACCREDITED PRACTISING DIETITIAN

PHOTO CREDIT SHUTTERSTOCK.COM



According to popular belief, the amount of calories it takes to digest certain foods, such as celery, lettuce, cucumber, cabbage, asparagus, chilli, grapefruit and papaya, is actually

more than the amount of calories in the foods themselves.

So the theory goes: if you eat 100 calories worth of food that takes 150 calories to digest you've burnt

an additional 50 calories...sounds impressive. So if you simply eat kilos worth of these sorts of foods you'll lose weight? Where do we sign up?

Unfortunately, it's not that simple. Let's look at it practically. In order to consume 100 calories worth of celery (which contains 16 calories per 100g) you'd

need to consume over 600g of celery! A few sticks of celery weigh about 100g, so if you eat a typical serve you're really only burning an extra 8 calories for every serve.



THE GOOD NEWS

On the other hand, fruits are higher in calories due to their natural fruit sugar content, so it's quite easy to consume excess calories if large quantities of fruit are eaten. For example, papaya contains approximately 42 calories per 100g so the calories can add up quite quickly, and the amount of extra energy supposedly burnt is also unlikely to be significant.

There are no scientific studies that actually show that this is true. However if it were true, let's put it into the context of meaningful weight loss. In order to lose a kilogram of fat in a week, you would need to burn an extra 9,000 calories. So burning an extra eight or so calories in a typical serve of food is really quite insignificant.



THE FOODS YOU SHOULD EAT

That's not to say these sorts of foods, which are usually quite high in fibre and water content, have no value as part of an eating plan aimed at losing weight. These foods help to fill us up and increase satiety, which can reduce the likelihood of excess calories being eaten later on. In addition, many of the so-called calorie-negative foods contain important nutrients such as antioxidants and vitamins, all of which are essential for health.

Proponents of the negative calorie diet also claim that lean meats such as pork, turkey and chicken make the digestive system work harder, temporarily boosting your resting metabolic rate, which in turn helps you burn more calories. Although it is true that our body takes more energy

to digest proteins than it does to digest carbohydrates, in terms of weight loss, it's not going to be significant. On the plus side, lean meats and meat alternatives are

an excellent source of protein, which has been shown to keep you fuller for longer and prevent that energy slump and mid-meal snacking later in the day.



WHY VARIETY WORKS

These sorts of fads are often short-lived. While many people start off enthusiastically, eating so much celery, cucumber and so on (or a social occasion where these foods aren't the focus), can't be maintained and inevitably leads to failure. As soon as someone returns to his or her normal eating habits, the weight returns.

These sorts of diets are difficult to follow over the long term for several reasons, including that they're often quite restrictive. And the reality is that many of us would soon get to the stage where we couldn't face another celery stick! This is not to say that vegetable sticks and fruits are unhealthy – they're a very good choice as a snack when eaten in the context of a balanced diet. The problem with following these sorts of extreme diets that are restrictive or promote eating limited or excess amounts of particular foods is that they may cause you to miss out on other important nutrients such as protein, calcium, iron and other vitamins and minerals.

It is important that a healthy diet consist of a variety of foods from each of the five food groups every day. The Australian Dietary Guidelines recommend including at least five serves of vegetables, legumes and beans; two serves of fruit; wholegrain breads and cereals; lean meat, chicken, fish, eggs, nuts and seeds; and milk, yoghurt, cheese and dairy alternatives.

Unfortunately there's no magic bullet. The key to successful weight loss is adopting a healthy lifestyle that leads to a calorie deficit. This means that more calories should be expended in daily activity and exercise than the amount eaten. Any weight loss plan must be based on a balanced diet that meets your nutrient needs, fits your lifestyle and teaches you how to maintain your weight over the long term.



ABOUT THE AUTHOR

Dr Kellie Bilinski is an Accredited Practising Dietitian. Accredited Practising Dietitians are university qualified health professionals who are able to individually assess your diet and develop an eating plan that will allow you to lose weight, without risking your health. Visit the 'Find an APD' section of the Dietitians Association of Australia website at www.daa.asn.au to find an APD in your area.

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BIO:

Sarah's favourite pastimes growing up in South Australia was sport; basketball, netball, athletics, swimming, horse riding and beach volleyball. Her passion for sport has seen her complete a Bachelor in Exercise Science and become a personal trainer.

Prompted by a motivational speaker to set one main goal, fitness competition preparation was Sarah's 2010 focus. In 2011, her competition successes included the INBA Natural Universe Tall Class and Overall Ms Sports Model titles. Sarah then went onto to compete in the Figure Division and brought home the Overall Figure World Title and Pro Card in 2012 at the INBF World Titles in the USA.

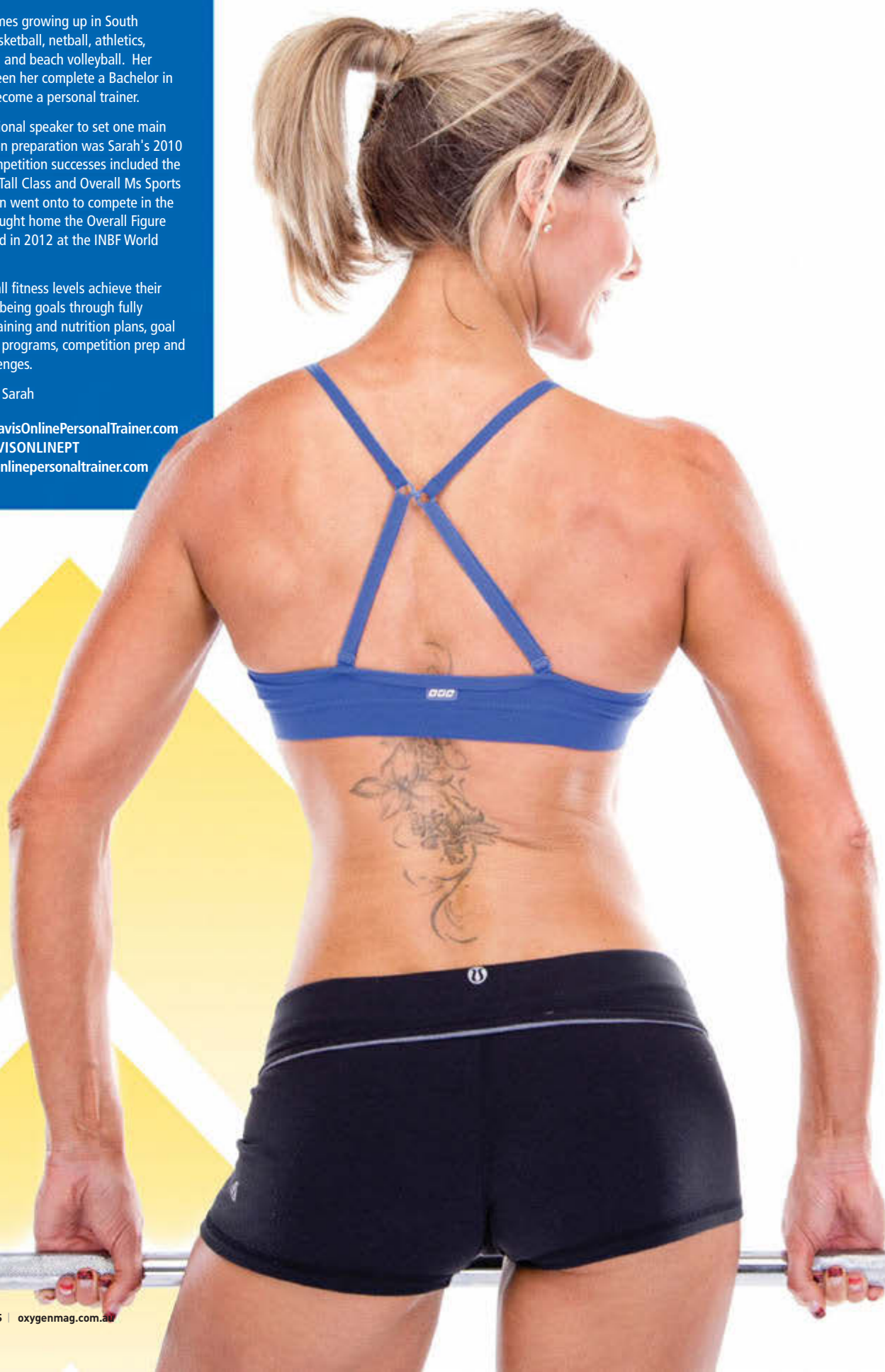
Sarah helps people of all fitness levels achieve their health, fitness and wellbeing goals through fully customised personal training and nutrition plans, goal oriented accountability programs, competition prep and 6, 8 and 12 week challenges.

To find out more about Sarah

Website: www.SarahDavisOnlinePersonalTrainer.com

Instagram : [SARAHDAVISONLINEPT](https://www.instagram.com/SARAHDAVISONLINEPT)

FB Page: [Sarah Davis onlinepersonaltrainer.com](https://www.facebook.com/SarahDavisOnlinePersonalTrainer)



BACK WORKOUT

IMAGES BY DALLAS OLSEN

Building a strong back is very important for a number of reasons.

- » Improve your posture - Improved posture will give you a more confident appearance, it will enhance your oxygen flow through your body which will reduce fatigue and tiredness throughout your day.
- » Reduce or combat back pain - A strong back will reduce back pain during daily activities whether you have a sedentary job sitting at an office desk or if you are on your feet throughout the day
- » Improve your ability in your chosen sport and make your daily activities easier - Your back is one of your largest muscle groups. Strong back muscles give you a greater foundation to excel in your chosen sport and will allow you to breeze through your daily activities and chores.
- » Having a nice strong, wide back has the added benefit of making your waist look smaller. BONUS!

Give this workout a go. All you need is an adjustable bent, some dumbbells and a barbell meaning you can do this workout at home with minimal equipment or you can find a quiet spot at your gym and get your workout done quickly and efficiently.

EXERCISE	SETS	REPS
Barbell Bent Over Row	4	Set 1 – 15 reps (warm up) Set 2 – 12 reps Set 3 – 10 reps Set 4 – 8 reps
Two Arm Dumbbell Row	4	Set 1 – 15 reps (warm up) Set 2 – 12 reps Set 3 – 10 reps Set 4 – 8 reps
Two Arm Dumbbell Reverse Flye	4	Set 1 – 15 reps (warm up) Set 2 – 12 reps Set 3 – 10 reps Set 4 – 8 reps
Single Arm Dumbbell Row	4	Set 1 – 15 reps (warm up) Set 2 – 12 reps Set 3 – 10 reps Set 4 – 8 reps

Sarah's Top Tips: To get the best results from this workout, add this workout into a structured weekly training program and combine this with a custom written eating plan that has been specifically written for *Your Body And Your Goals*.

TURN THE
PAGE FOR
MORE.



Two Arm Dumbbell Row

Target muscles: Main muscle group being used is the middle back. Other muscle groups also used are the biceps, lats and shoulders (rear deltoids).

Set-up: Hold a dumbbell in each hand (palms facing towards your torso), position your feet shoulder width apart, bend your knees slightly and rotate your torso forward, by bending forward at the waist. As you bend forward make sure to keep your back straight until it is almost parallel to the floor [A].

Sarah's Tip: Your starting position is with the dumbbells hanging directly in front of you and your arms hanging perpendicular to both the floor and your torso. Make sure that you keep your back straight and head up though the movement.

Action: While keeping your torso still, breathe out and lift the dumbbells to your sides, keeping your elbows close to your body. At the top contract and squeeze your back muscles and hold for a second. Then breathe in while you slowly lower the weight back to the starting position. Repeat for the recommended amount of repetitions [B].

Sarah's Tip: Always practice correct form. Never round your back as this can promote back injury. Be conscious of holding your core tight through-out the movement. Be cautious of the weight you use. If in doubt, use a lighter weight and concentrate on perfect form.

Caution: This exercise is not recommended for people with back problems. A is a better choice for people with back issues is a seated cable row

SETS & REPS:

- Set 1 – 15 reps (warm up)
- Set 2 – 12 reps
- Set 3 – 10 reps
- Set 4 – 8 reps



Barbell Bent Over Row

Target muscles: Main muscle group being used is the middle back. Other muscle groups also used are the biceps, lats and shoulders (rear deltoids).

Set-up: Holding a barbell with a pronated grip (palms facing down), position your feet shoulder width apart, bend your knees slightly and rotate your torso forward, by bending forward at the waist. Keep your back straight until it is almost parallel to the floor [A].

Sarah's Tip: Your starting position is with the barbell hanging directly in front of you and your arms hanging perpendicular to both the floor and

your torso. Make sure that you keep the head up though the movement.

Action: While keeping your torso still, breathe out and lift the barbell to you. Keep your elbows close to the body and only use your forearms to hold the weight. At the top squeeze and contract your back muscles. Hold this contraction for a second. Then breathe in and slowly lower the barbell back to the starting position. Repeat for the recommended amount of repetitions [B].

Sarah's Tip: Always practice correct form. Never round your back as this can promote back injury. Be conscious

of holding your core tight through-out the movement. Be cautious of the weight you use. If in doubt, use a lighter weight and concentrate on perfect form.

Variations: You can perform the same exercise with your hand in a (palms facing you) grip.

Caution: This exercise is not recommended for people with back problems or poor core strength. A suitable alternative would be a seated wide grip machine row.

SETS & REPS:

- Set 1 – 15 reps (warm up)
- Set 2 – 12 reps
- Set 3 – 10 reps
- Set 4 – 8 reps

Two Arm Dumbbell Reverse Flye

Target muscles: Main muscle group being used is the upper back and rear deltoids (shoulder).

Set-up: Set an adjustable bench at a slight incline. Holding a dumbbell in each hand, lie on your stomach with your chest against the bench and your feet in a stable position on the floor. Position your hands so your palms are facing your torso and dumbbells are almost touching under the bench. This is your starting position [A].

Action: From the starting position, breathe out and raise your arms up to the side until your elbows are at shoulder height and your arms are roughly parallel to the floor. Squeeze and contract your back and rear delts (shoulders) and hold

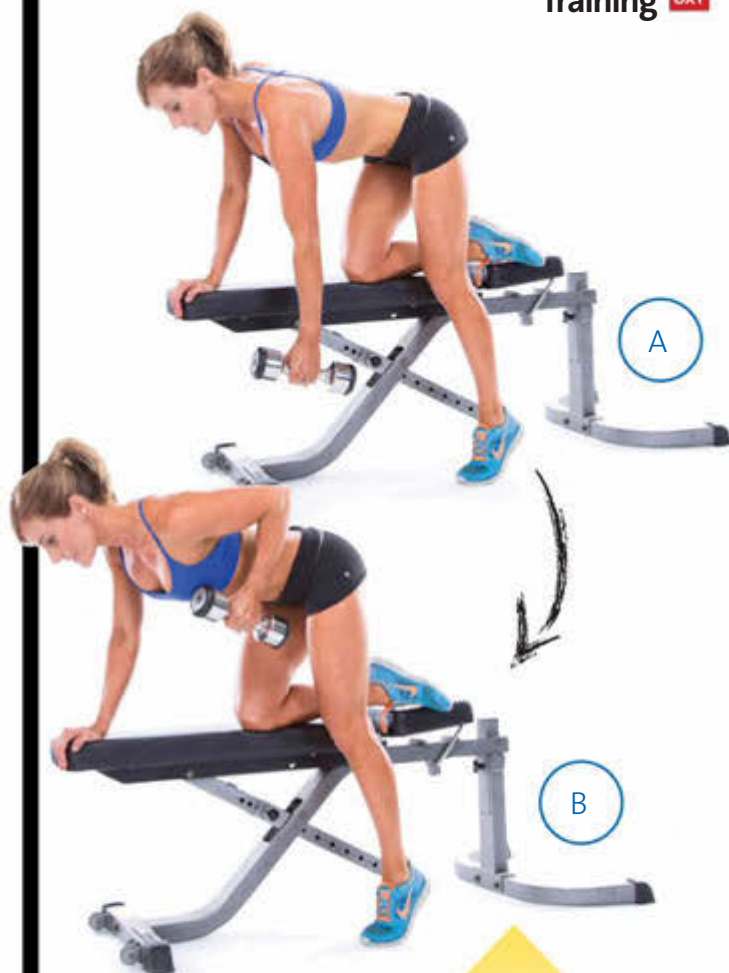
the contraction at the top of the movement for a second. Then breathe in while slowly lowering the dumbbells back to the starting position. Repeat for the recommended amount of repetitions [B].

Sarah's Tip: Keep your arms extended with elbows slightly bent throughout the movement. Hold your core tight and remember to breathe.

Variations: You can perform this exercise with just one arm (single arm Dumbbell Reverse Fly). You can also complete the same movement with your palms facing back as opposed to facing your torso.

SETS & REPS:

Set 1 – 15 reps (warm up)
Set 2 – 12 reps
Set 3 – 10 reps
Set 4 – 8 reps



Single Arm Dumbbell Row

Target muscles: Middle back other muscles used are biceps, lats and shoulders

Set-up: Using a flat bench place a dumbbell on the ground next to the bench. Put your right knee on the bench with your lower leg and foot resting flat on the bench. Bend your torso forward from the waist until your upper body is parallel to the floor. Place your hand on the bench in line with your shoulder for support.

Pick up the dumbbell from the floor and hold the dumbbell with your arm outstretching towards the floor and at right angles to your torso. Keep your lower back straight and head up. The palm of the hand should be facing your torso. This is your starting position [A].

Action: From the starting position, breathe out and pull the dumbbell up to the side of your chest. Keeping your upper arm close to your

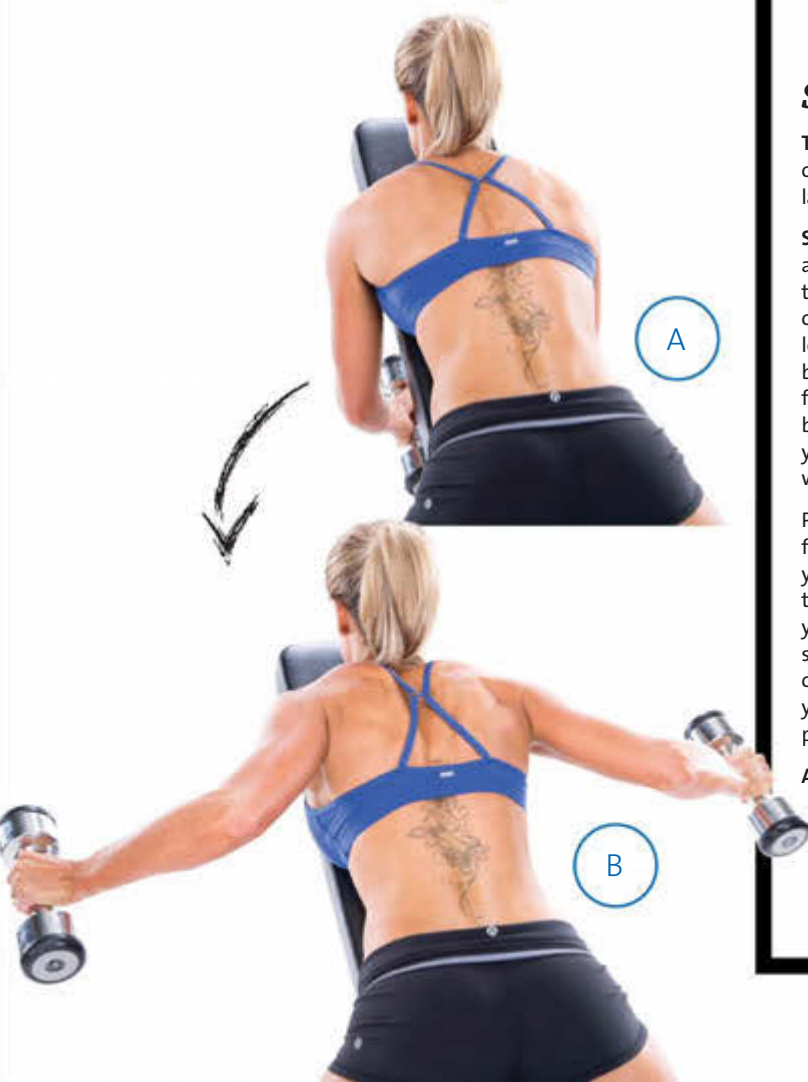
side, your elbow pointed up and keeping your torso stationary. Now breathe in and lower the dumbbell straight down to the starting position. Repeat the movement for the recommended amount of repetitions. Switch sides and repeat again with the other arm [B].

Sarah's Tip: Concentrate on squeezing your back muscles at the top of each rep. Also try to focus on pulling up with your back muscles and not your arms or shoulders. Your upper torso should remain stationary and only your arms should move.

Variations: You can substitute this exercise with one-arm rows using the cable row machine or using adjustable cables.

SETS & REPS:

Set 1 – 15 reps (warm up)
Set 2 – 12 reps
Set 3 – 10 reps
Set 4 – 8 reps



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Mollie Stewart

MELBOURNE, VIC

AGE: 26

WEIGHT: 52-53KG (COMP),
63-67KG (OFF SEASON)

HEIGHT: 162CM

DAY JOB: STUDENT

TRAINING INSPIRATION? I used weight training as a tool to de-stress during my final year of high school. My initial goal was to be able to jog further than 200m on the treadmill, but I loved the feeling I got when I lifted weights.

FAVOURITE CHEAT FOOD? I like to treat myself often, but in small quantities, so that 'treats' don't become 'cheats'. I do love the occasional burrito!

FRIDGE STAPLES? Eggs, ham, roo mince, beef mince, berries, diet jelly and HEAPS of veggies!

FAVOURITE BODY PART TO TRAIN? Shoulders. They are one of my stronger body parts – physically and aesthetically – and I love the pump I get when I train them.

FIVE ESSENTIALS?

Food, my family, 'me' time, love and a good challenge

WHAT IS YOUR BEST BEAUTY SECRET? Sleep. Nothing looks better than a fresh face, or worse than a tired one.



Jillian Kleyer

ALBERTA, USA

AGE: 28

WEIGHT: 63KG

HEIGHT: 175CM

DAY JOB: GROUP FITNESS
INSTRUCTOR

WORKOUT INSPIRATION? I started working out when I was 19. My husband encouraged me to attend a gym with him, I reluctantly signed up and have been hooked ever since.

ROLE MODEL? I am surrounded by my role models on a daily basis, at my gym. They don't just inspire me physically but also inspire me as a mother, wife, and friend.

CARDIO OR WEIGHTS? I'm a weights gal. I love the feeling of lifting heavy weights.

CHEAT FOOD? Cake with cream cheese icing. I will indulge once a week.

NON-CHEAT FOOD? Greek yoghurt and blueberries

FAVOURITE TRAINING MOVE?

Chest press. I am really strong in my chest and I am able to lift the heavy DB. It is always encouraging.

TRAINING PROGRAMME? I do muscular training four times a week, split days back/biceps, shoulders/chest, triceps/hamstrings, glutes/abs. Then I always mix it up with a couple aerobic and indoor cycling classes weekly.

INSPIRATION? I tell myself "You are a machine, your body was built to do this."



Riann Burton

MELBOURNE, VIC

AGE: 20

WEIGHT: 64KG

HEIGHT: 178 CM

DAY JOB: STUDENT

FIVE THINGS YOU CAN'T LIVE WITHOUT? Phone, moisturiser, runners, my car and my family.

BEST BEAUTY SECRET? Moisturiser every day.

INSPIRATION? My dad. He has taught me to never give up. We don't always get along, but I think that is because we are both such strong minded and opinionated personalities. Despite many 'falls' throughout his life, Dad is living proof to never give up on your dreams and goals.

ROLE MODEL? Andreia Brazier. I'd love to have a physique like her! My one wish is to one day share the world stage with her.

THE FUTURE? My future is not planned, I take it one step at a time. I do hope to have a future in bodybuilding.


Siobhan O'Connor

BRISBANE, QLD

AGE: 27
WEIGHT: 60 KG
HEIGHT: 173CM
DAY JOB: MEDICAL SCIENTIST

ROLE MODEL? Dana Linn Bailey comes to mind. She's so amazing and someone who really inspires me. She is so dedicated and passionate about everything she does and she comes across as so down to earth and real.

WEIGHTS OF CARDIO? Weights! Definitely weights!! The transformation my body has made since starting regular weight training is amazing. I love it when you start to see results, and the definition and growth of different muscles that you couldn't see before.

CHEAT FOOD? I love fruit and probably eat more than I should as it's full of fructose. Other than that, I'd have to say ice-cream or peanut butter. I try to keep indulgences to once a week when I'm not in preparation mode.

FAVOURITE NON-CHEAT FOOD? Luckily I love vegetables and good quality lean meats! Broccoli, sweet potato and zucchini are my favourite. I also love nuts and oats and I try to incorporate them into my everyday macros. Oats and protein powder is a great pre- or post-workout meal!

FAVOURITE TRAINING MOVE? I love the prowler (sled sprints). The short bursts of energy and the burn you get in your legs is really satisfying. Add some calf raises in and bam! Great way to finish a leg day.


Juliet Cotterill

TERRIGAL, NSW

AGE: 22
WEIGHT: 57KG
HEIGHT: 168CM
DAY JOB: STORE MANAGER

WORKOUT INSPIRATION? Being very competitive, I love pushing my body to its limits. Weight training opened up a whole new world of physical and mental challenges. Having played team sports for most of my life, it was a whole new field of challenges where it took my effort and my ability alone to depend on myself to reach goals and push boundaries.

CARDIO OR WEIGHTS? Definitely weights! I used to be a 'cardio gal' and I have achieved and gained more from weight training in two years than I have from 10 years of cardio. Weights gave me the body and confidence to get up and compete and be one Australia's top sports models.

FAVOURITE TRAINING MOVE? I love to squat. I think it is one of the most important exercises to do in your regime and it doesn't matter if your goals are to put on muscle or lose weight, squatting is very important and I love the way it shapes my legs and bum. Who doesn't like a tight bum?

WORKOUT PLAN? I do weight training five days a week on a three-day split, and cardio three times a week. This changes a little when preparing for a competition, as I may up my cardio.

CELEBRITY LOOKALIKE? Kate Hudson.


Laura Tavares

NEUTRAL BAY, NSW

AGE: 28
WEIGHT: 54KGS
HEIGHT: 155CM
DAY JOB: PHARMACEUTICAL SALES REPRESENTATIVE

ROLE MODEL? My coach and mentor Hattie Boyle. She has a very similar body type to mine so I look at her and know with hard work and dedication, I can reach her level.

FAVOURITE CHEAT MEAL? Mexican food. Though although it's a "cheat meal" I try not to go overboard with all the sour cream, tortillas, avocado etc.

FAVOURITE NON-CHEAT FOOD? I have recently become a huge fan of turkey, as I don't eat seafood, adding turkey into my diet added variety to more than just chicken.

FAVOURITE WORKOUT MOVE? The deadlift. It works everything at once.

WORKOUT PLAN? I walk for a minimum 45 minutes every morning, do a one hour pole dance class every Monday evening, and weights three times a week. I try and get out and a nice long walk, at least two hours, each weekend.

FAVOURITE TYPE OF CARDIO? A dance class. It's fun, you don't even realise your burning the kilojoules.

FITNESS TIP? Get up early and start training before your body has realised what it's doing.

Exhale

This one step – choosing
a goal and sticking to it –
changes everything.

– Scott Reed

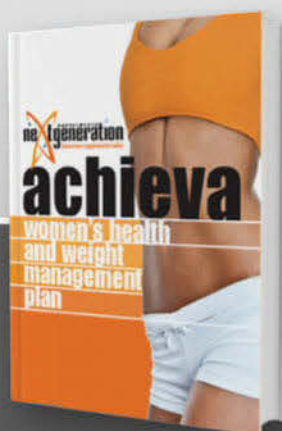
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I'd say
**there is
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